

Take off extra pounds with TOPS

"Why clown, lose pounds, slim down" was the theme used at the TOPS (Take Off Pounds Sensibly) annual fellowship day held at the Holiday Inn, Burlington, Sept. 30.

TOPS Club Inc., was established in 1948 in Milwaukee, Wisconsin, by Esther Manz, president. TOPS is a non-profit weight loss program providing its members with basic information on nutrition. It serves its members in defining present levels of obesity, encouragement to reach desirable weight goals

(set by your doctor), acceptable methods for meal planning and personal aids to achieve those goals.

In the Halton/Peel Region there are 19 chapters with approximately 398 members. On their recognition day in Burlington approximately 250 members attended with the following members being honored for losing weight. The Queen for Halton/Peel was Wendy Cotton, of Chapter ON1263, Georgetown with a loss of 74 1/2 lbs.

Runner-up to Queen is Mary Holubek, of Chapter ON216, Burlington, with a loss of 49 1/2 lbs. There was a total of 65 members recognized for losing weight ranging from 75 lbs. down to 20 lbs.

Also recognized are Alumni KOPS (Keep Off Pounds Sensibly). There were a total of 51 members ranging from 22 years down to one year of keeping off the weight. The longest standing KOPS was Freda Champagne of Chapter ON2646, Burlington, keeping off 20 1/2 lbs. for

22 years.

There are chapters in Brampton, Mississauga, Bolton, Caledon, Georgetown, Acton, Oakville, and Burlington. If further information is required concerning the organization, please call Area Captain Diane Lancaster, at 459-2363 for all of Halton and Peel.

For information on TOPS in Halton Hills call Carol Harper at 877-7056 or Wendy Cotton at 873-2637.

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