

Group has taken off pounds for 45 years

A Stouffville group has been helping local residents lose weight and keep it off for 45 years.

TOPS ON716 Stouffville celebrated the big anniversary with an open house this week.

TOPS, which stands for Take Off Pounds Sensibly, meets every Monday in the basement of St James Presbyterian Church, 6432 Main St.

A weigh-in, from 12:30 to 1:15 p.m., is followed by a meeting. The meeting covers topics including nutrition, exercise, portion control, reading labels and emotional support.

Over the years, many friendships have been cultivated and developed as the members have gotten to know each other to share their struggles as they make healthier lifestyle choices, said a spokesperson.

Once a TOPS member has reached their goal weight, they become a KOPS. When you reach this level, the goal is to Keep Off Pounds Sensibly.

TOPS' mission is to help real people lose real weight.

For more information visit www.tops.org or call 905-640-9764.

NEWS ONLINE yorkregion.com NEWS ONLINE

13 | Stouffville Sun-Tribune | Thursday, November 20, 2014

CORRECTION NOTICE
ONTARIO FORD DEALERS

We regret to inform our Ontario customers that the Stouffville Sun Tribune ran the incorrect Ontario Ford Dealers "Swap Your Ride" ad in their November 13, 2014 issue. The ad which should have run is the "Swap Your Ride" featuring: \$1500 Loyalty & Conquest Customer Cash, not the "Swap Your Ride" \$500 Bonus.

We sincerely apologize for any inconvenience this may have caused.

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(905) 771.8714

Hours:
Wednesday 10:00-4:00
Thurs & Fri 10:00-8:00
Saturday 10:00-5:00
Sunday 11:00-5:00

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