

## TOPS® Weight-Loss Organization Reaches Out to LA Weight Loss members.

Written by Richard Martin

Thursday, 08 January 2009 16:08

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MILWAUKEE – With the balance of LA Weight Loss centers closing across the country, TOPS Club, Inc. (Take Off Pounds Sensibly), the nation’s oldest weight-loss education and support organization, is inviting former LA Weight Loss members to attend a TOPS meeting free of charge.

TOPS recently celebrated 60 years of weight-loss support and success. Members of TOPS embrace its philosophy of healthy eating, regular exercise, wellness education, and support from others at weekly chapter meetings. The fee for an annual membership is \$26. On joining TOPS, members receive a complimentary copy of “My Day One,” a booklet which features a six-week plan to kick-off the weight loss journey.

“We feel for the people who have lost their investment to LA Weight Loss,” said Barb Cady, TOPS Club President. “At TOPS, we offer continual support and motivation to our members as they adopt healthier lifestyles. We want to welcome and encourage those who have been affected by the closings. They are not alone and can continue to successfully manage their weight with our program.”

Through January 31, TOPS extends a \$3 discount on the purchase of “The Choice is Mine” and “The Choice is Mine Workbook,” our “ready-set-go” guide to better food choices and menu planning, fitness tips, and more to the former LA Weight Loss members and anyone else who may join. In addition to our weekly meetings, membership also includes a one-year subscription to “TOPS News,” a magazine that is published nine times per year and shares inspirational stories, healthy tips, and helpful advice.

To find a local chapter, visit [www.tops.org](http://www.tops.org) or call (800) 932-8677 for more information.

(from the RCReader classifieds):

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**CREATE a NEW YOU in the NEW YEAR!** TOPS® Chapter IA-177 meets Thursdays, 6:30pm at All Saints Lutheran Church, 5002 Jersey Ridge, Davenport. We offer a healthy, caring and supportive approach to weight control, at an affordable price. Nationally, we've been doing this since 1948. Stop in and Take Off Pounds Sensibly.

TOPS has nearly 180,000 members in almost 10,000 chapters throughout the United States and Canada, and several chapters in Europe.

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