



**ST. MARY'S COUNTY**  
HEALTH DEPARTMENT



Take Off Pounds Sensibly (TOPS) is the original nonprofit, noncommercial network of weight-loss support groups and wellness education organizations. Since 1948, TOPS has helped millions of people live healthier lives by offering tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

### How Does TOPS Weight-Loss Support Work?



Receive the tools, information, support & accountability to be successful in reaching your weight-loss goals.



Attend weekly in-person or online meetings to help you take an honest look at the changes you want to make.



Gain access to the My Day One step-by-step guide to healthy living & subscription to TOPS News Magazine



Gain access to members-only resources, including healthy eating tips, recipes & fitness guides

### EAT WHAT YOU LOVE & GET HEALTHIER!

Enjoy the freedom of following a meal plan that works for you and support to help you stick to that plan.

With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets!

Convenient meetings at the Lexington Park Library

Join online for as little as \$49. The first 30 people to register are FREE!!! With no foods to buy, you'll be feeling lighter — not your wallet!

**To learn more or register, contact:**

**301-475-4330**

or

[smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)

**REAL PEOPLE. REAL WEIGHT LOSS.®**