



Take Off Pounds Sensibly (TOPS®)

REAL PEOPLE. REAL WEIGHT LOSS.®



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!

Join online for as
little as \$49!

Convenient
meetings at the
Lexington Park
Library



Call **301-475-4330** or visit **smchd.org/tops**
for more information or to register!

