



Take Off Pounds Sensibly with TOPS at the North Penn YMCA

Beginning in January 2012

Are you looking for a sensible way to lose weight that includes lots of support and encouragement?

Join the nearly 170,000 TOPS members who lost 436 tons last year.

Started in 1948, TOPS is the original, nonprofit, weight-loss support and wellness education program. It encourages a healthy lifestyle that includes a balanced diet, exercise and on-going encouragement and support. You will benefit from:

- Weekly meetings
- Educational materials and recipes
- Exercise guidance
- TOPS magazine
- Lots of friendly support...and more!

It's sensible, it works and it's at our Y! What have you got to lose?

The cost for full-facility YMCA members is \$20 for each 8 week session; plus, an annual fee of \$28 paid to TOPS to cover the cost of membership and printed materials.

Meetings will be held on Tuesdays at 8am and Thursdays at 6:30pm at the **Lansdale Branch**. Contact Jen Howard at 215-368-1601 for more information.

Meetings will be on Tuesdays at 7pm and Wednesdays at 10am at the **Indian Valley Branch**. Contact Mike Anderson at 215-723-3569 for more information.

