

MAY 2010 NEWSLETTER

MAY NEWS IDEAS—TOPS TIME

I have started my annual visits to my chapters. The area captains program is on stress management. It is a very good program for us to learn how to control stressful situations. I will be setting up my visits soon, either by email or telephone. I am excited and looking forward to seeing all of you.

Congratulations to IN 179, Terre Haute, as they had a no gain meeting on May 17th and lost 13 pounds.

IN 514 Terre Haute also had a no gain meeting on April 22nd with 9 weighing in and a 4 ½ lb. loss. Way to go!

Our next Area Meeting is on July 31, Saturday, at 10:00 a.m. at the Hendricks County Senior Center in Danville. The theme is FUN, FUN, FUN! It will be hosted by IN 1408, Danville. There will be round table discussions about topics of interest and common problems of TOPS officers, and then it will finish up with a Red Hat Style Show. I hope you can make it!

Our Area Fall Awards meeting will be held at Bedford on October 30th at 10:00 a.m. It will be hosted by IN 1295 Bedford. I am trying to spread my three meetings per year around.

Well, five months have quickly past by for 2010. I hope you have done well. Are you below your first weigh-in of the year? It's all a matter of good eating habits. Nobody's perfect, but you can do it,

I KNOW YOU CAN!

I want you to know that I am here to help you. If you have questions, or need my help, please call, e-mail, or write me:

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