

## **DIVISION 4, 1<sup>ST</sup> PLACE**

**My success story is a total of 3 words: "I JOINED TOPS!"**

**I struggled for years with weight gain until I was so discouraged with myself. Where and when would it end? I weighed over 200 lbs. – more than I've ever weighed. I had to do something.**

**I called TOPS headquarters in WI and they gave me a name and place for a local TOPS group -----IN 1437, Schererville. I went to visit and joined that day. At first I lost several pounds and was doing well. I went on vacation and gained some weight back and a series of ups and downs**

**I became Leader and held this position for 2 yrs. (wake up call). I learned I now had to attend meetings each week, participate and plan meetings, make out my menu sheet and keep journals. I was enjoying myself too!**

**Now we have a new leader, Deana Neal, who is both encouraging and inspirational. All the members of IN 1437 have helped me reach my goal.**

**Lori Fletcher**