WEIGHT DOWN NEWS

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Happy Sweetness Month to All!

I hope that everyone is on the path to their goal weight. I am excited for all of you. So many exciting things keep happening in Tops. They really keep us motivated. If you want to know what is going on, visit the tops website.

CONGRATULATIONS TO Vicki L. Gholson on becoming a new Kops member. She hails from In,925, Mishawaka. GOOD JOB!

Also we have a reinstated Kops, Lois Miller from In, 425, Nappanee. Congratulations.

A NO GAIN MEETING, was reported by Jerry Huffer from In, 1086, Plymouth. Keep up the good work.

I hope that everyone has received their SRD packet. There will be such great things going on from Thursday to Saturday. I hope all will be able to attend. I personally am looking forward to the theater on Thursday nite. Please get your paperwork in early so that you don't miss out on anything. I look forward to seeing all of you there. This is such a rewarding experience, if you have never been, try and treat yourself and go. You won't be sorry.

Back to Valentine's Day, I know that it is a great Candy day. However, there are many other ways to show someone that we care, besides Candy. How about going to that movie that you were meaning to see, spending precious time with a family member or friend. Think about it and I am sure that you will come up with something extra special for that person which will mean a lot more than a box of candy.

Until next month,

Hugs

Sally

Ps: "FEBRURAY, PUT YOUR HEART INTO IT"