

# April News!

Ami L Heesch / TOPS MN Area Captain  
738 Ottawa Avenue / St Paul MN 55107  
651.292.8625 or 351.247.5430

## **Spring Workshop**

Your spring workshop is scheduled for  
**Saturday, April 24<sup>th</sup> from 9 AM -12 PM**  
**Associated Church**  
800 Havana Road  
**Owatonna, MN 55060**  
507.451.1546

=====

There is still time to sign up for the  
**TOPS Retreat in Detroit Lakes, MN**  
in **September**

Check your TOPS News for details

=====

TOPS NEWS will soon be published on the TOPS website at  
[www.TOPS.org](http://www.TOPS.org)

This is a great sight to check out health related issues from the  
Kramer Institute

Check it out for forms you may be looking for and  
program ideas

=====

[www.Topspride.org](http://www.Topspride.org)

This site has oodles and oodles of ideas and information

Take the time to check out what it has to offer  
All field staff newsletters are posted on this site as well

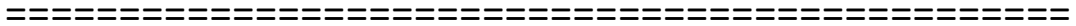
**2010 Officers**

Congratulations to all the TOPS/KOPS members  
that have been elected to an officer position  
in their local chapters

Wishing you all much luck and loads of enjoyment  
during the year

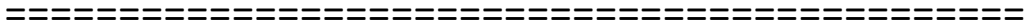
I would also like to take this time to extend a  
huegorphus Thank You  
to all past officers

We greatly appreciate your dedication and  
Enthusiasm



**Welcome**

New members of TOPS and Thank You for choosing  
TOPS as your weight loss mentor  
May you all have tremendous success  
in your respective weight loss journeys  
and may you be constantly showered  
with encouragement and support  
from your fellow TOPS/KOPS members  
and field Staff



**Congratulations**

To all those who have achieved your weight loss goal  
And are now very proud KOPS  
Fortunately the fun does not stop here  
You are now able to help and encourage  
your fellow TOPS members  
that are struggling to beat the battle of the bulge!  
Unfortunately you are not able to close the book  
on weight issues, but rather, you have now embarked  
on the next chapter of your life!(Maintaining Weight Loss)

=====

**TOPS OLYMPICS**

**2010 SRD**

**May 21-22**

**Kelly Inn, St Cloud, MN**

Don't forget to send in your registrations for SRD

Registration deadline...April 15<sup>th</sup>

Don't get left out in the cold on a park bench  
or a street corner

Book your room at the Kelly Inn today

Take advantage of the TOPS Hospitality Room this year

Arrive a day early and take advantage of some great  
TOPS/KOPS fellowship

There will be games, snacks and libations for your enjoyment

Make sure you take the time to meet the host

=====