

Happy Fall to All,

I have been finishing up my area captain visits. I am pleased to find that many of you are very close to your KOPS status. I feel like we are going to have a waterfall of KOPS by the end of the year. Please don't be fearful of your KOPS status. You have Taken off pounds SENSIBLY. You will keep using the same sensible tools you used to take off your pounds as you will to KEEP off your pounds. Plus, you always have the support of your chapters. Go for it, celebrate it and own it. YOU ARE THE HERO OF YOUR STORY!

IN 1134 Valpo report that they had a great summer with 4 NO GAIN meetings. This is terrific! IN 1357 Westville have also reported NO GAIN meetings in September. Weigh to go!

By now, the leaders should have received the FALL Meeting information in the mail. It will be held on October 27 in Knox at the public library from 9:30am-11:30am. Thank you IN 1558 Knox for your assistance. For those of you who were asking, although it is titled as a Meeting, it will be a combo of a mini rally, with educational training at the end. There will be awards, a registered dietitian, and a snack craft. The last hour or so we will be covering the navigation of the website and quick review on where to find help with resume. If you have never visited Knox, please try to attend. Knox has a nice little park where you can walk along the river after the meeting. There are also a few local eateries where you can grab lunch before you return home.

If you can't attend an event in our area, go to [TOPSpride.org](http://TOPSpride.org) to see what other TOPS events may be going on that you can attend.

I hope by now the new officers have settled into their new positions. Remember, any time you are unsure or have questions, please just call and ask me. If I can help, I will, if I can't I will direct you to someone who can. The website is a huge resource for information to help run your chapters. If you cannot get on the site, please call me. I will enjoy meeting you at a library and helping you navigate through it.

Until we meet again, keep pushing through to your next goal. YOU CAN DO THIS!



Live Healthy,

Clarise