

JANUARY NEWSLETTER FROM DYAN BLOOMER

Area Captain serving Butler, Clermont, Clinton, Fayette,
Hamilton and Warren counties.

HAPPY NEW YEAR !!!



While we are over the holidays and we are thinking that it is time for a brand new start. Is this going to be the year that we reach our goal? Please don't fall for all the ads about the new and improved latest diets and fads. We all know how to lose weight and we can help and encourage each other on our journey.

TOPS has a brand new program for 2018 that I'm anxious to share with you. It is time to throw out all the negative thoughts and replace them with positive ones. We need to talk to ourselves like you would talk to your best friend.

Spring is right around the corner but since we are not going outside as much right now, this would be a great time to think and plan of ways to grow our Chapters in 2018. I'd like to hear suggestions from all of you.

I wish everyone a happy, healthy New Year. Let's make 2018 **THE** year we reach our goals !!!

Dyan Bloomer