

TOPS

Take off pounds sensibly

**Are you interested in
LOSING WEIGHT
AND KEEPING IT OFF?**

Meet others who have a similar GOAL.

TOPS Chapter 2521 of Steger

Saturdays at 9:00 - 10:30am

All Guests Are Welcome!

For more information call:

Christine Gebbia (708)-790-9770

T O P S

Take off pounds sensibly

Are you interested in
LOSING WEIGHT
and keeping it off?

Meet others who have
a similar problem.

Tops Chapter IL 2458 of Steger
Wednesdays with weigh-ins at 9am.

Meeting starts at 10am

Guests are welcome.

For more information call:

Joan McGraw (Leader)

(708) 946-9252