



TAKE OFF POUNDS SENSIBLY

5:30 THURSDAY EVENINGS AT CORNERSTONE UMC

- ▶ Weight loss support group for Men and Women
- ▶ 70 years of Healthy Living and Weight Loss
- ▶ Open House March 22 at 6 PM
- ▶ \$5 a month + \$32 per year
 - ▶ includes 6 issues of TOPS News
 - ▶ Free for first month – bring your friends!
- ▶ <http://www.tops.org>



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