

Inspiration Workshop

February 6, 2010

Third Baptist Church – Christian Education Building

25 Strafford Road, Strafford NH 03884

Registration: 10:00 – 11:00 Registration fee \$2.00

Dear NH TOPS Members,

The definition of inspiration includes the words stimulation, movement and activity. That is exactly what TOPS members will experience at the next NH TOPS Inspiration Workshop.

Please join your host chapter #NH47 Strafford and NH Field Staff at the next Inspiration Workshop.

All members are asked to bring a brown bag lunch. NO LUNCH will be served. Hot beverages (coffee, tea, cocoa) and bottled water will be for sale. In an effort to promote a "green" environment - #NH47 Strafford will provide hot beverages FREE OF CHARGE to any member bringing their own re-fillable mug.

Inspiration Workshop is the time for members to take advantage of the remarkable support that TOPS provides. Members get inspiration and information through the planned programs provided by both the host chapter and the field staff. Members also give and receive support during the open mike portion of the program. Members are recognized for weight-loss achievements since the last workshop.

If you attended the last workshop, which was held in Penacook on September 19th and are returning with a loss, please bring your completed IW weight slip signed by your chapter Weight Recorder. We want to make sure all those hard-earned losses are recognized.

We look forward to seeing you on February 6th in Strafford.

TOPS Hugs

NH Field Staff, Sooky, Rosie and Pam