

# Fall 2018 AIM & Resume TOPS Town Talk

## Everyone is Invited

### Saturday, November 3rd

Pre-registration is required and \$3.00 per member for AIM  
 (Workshop Fee was paid in the Spring)  
 Any members not pre-registered for AIM and paying at the door,  
 the cost will be \$4.00

St. Luke's Church  
 25 Seminary Ave  
 Auburn, NY 13021

**09:30 am Registration and Begins at 10:00 am**

When AIM is finished, we will begin right away with Resume TOPS Town Talk bring  
 all your Resume questions/TOPS questions.

-----Detach here-----

TOPS NY \_\_\_\_\_, \_\_\_\_\_

<b>Please print members names clearly</b>	
1	7
2	8
3	9
4	10
5	11
6	12

Please mail your chapter check for AIM, with two signatures and this form  
**NO** later than October 30th, 2018 to:  
 Jarrod Abel, 4 Pulaski Street, Auburn NY 13021  
**Please make chapter check payable to "TOPS Workshop"**

Please bring your new Chapter Manual. Weight recorders may want to bring chapter weight charts in case you have any questions.

Check your supplies, if you need forms please use the enclosed form: L-012, and your supplies will be brought to the workshop for you. We will break after AIM for a stretch break. Maybe even a few laps around the parking lot, weather permitting!

AIM Topic: How to make your favorite recipe into a healthier option. No obligation to bring anything. However, if you want to help add some fun to the AIM please bring:

- Original favorite recipe print out.
- Bring a recipe that is based on the original that is a healthier/Low Cal version.
- It is not required but if you would like to bring a small sample of the healthy/low Cal version you can.

I am going to have a small tasting at the AIM. My wife and I will each bring something and again do not feel obligated to bring anything.

In the past we have taken a break for lunch. We will not take a lunch break. This year our intention is to move directly from the AIM to the TOPS TOWN TALK. There will only be a short stretch break in between. We are going to try to keep each event to an hour. The AIM starts at 10:00 and we plan to be finished a little after noon. Katrina and I will be available at the end for any additional discussion.

I hope to see as many of you there as possible and I am looking forward to meeting some new people.

Thank you all.  
Sincerely,  
Jarrod Abel