

TOPS still hosting in-person meetings

TOPS (Take Off Pounds Sensibly) ? Real People, Real Weight Loss is a non-profit group that meets weekly on Wednesday evenings in the basement of Bolton United Church.

Weigh-ins are 6:15 - 6:45 p.m. followed by a meeting.

The annual fee including a bi-monthly magazine is \$48 and monthly dues are only \$15.

If you have something to lose, we can help! Get started now!

We promote healthy eating and your first meeting is free. Come join us! For more information call Marion at 905-857-5191 or see www.tops.org

Social distancing currently applies and hand sanitizer will be available.