

Inspirational Workshop

June 22, 2019 Sturbridge, MA

YOU ARE INVITED to a DOUBLE FEATURED, inspirational WORKSHOP on JUNE 22nd in Sturbridge MA.

FEATURED SPEAKER: MA's 2018 beloved State Queen, ROSIE SMITH. Rosie had a weight loss of 97 pounds to attain her KOPS status and receive this honor; she also has attained her precious Century Medallion. Rosie's story is one journey you don't want to miss. Come say "hello" and hear her story of success.

Also, Area Captain TERRI LAVIGNE: A presentation entitled, "In a World Where You Can Be Anything, Be Yourself". As requested, you will hear how changes in attitude, food choices, and perseverance resulted in my healthy weight loss of over ninety pounds. Yes, I'll share my "how to" details.

David Lavigne will give a short presentation reviewing important rules regarding TOPS and KOPS weight charts. Hopefully this information will prevent problems at resume time.

HOST: Chapter 0447Sturbridge: Leader, Claire Cameron

TIME: 9:15 to 2:00 at FEDERAL CHURCH HALL, 8 MAPLE STREET, STURBRIDGE, MA 01566

Registration fee: \$4.00

We will not be going out for lunch; you may want to bring yours. Fruit and water will be available for purchase

VOLUNTEERS are requested for a TOPS friendly RECIPE EXCHANGE. If desired, please make and bring in your favorite food item along with its basic nutritional information. Samples will be served for \$.25 each. It's a great chance to share and try a new food. Let me know ahead of time what you will be bringing in.

RSVPs are appreciated if you are attending. Thanks, it helps in the planning.

Looking forward to seeing you there. Yes, we can!

Terri Lavigne Area Captain ,Western and Worcester MA

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