

## Inspirational and Officers' Workshop

Workshop will be held on Sept. 29 at the Berkshire Medical Center located at 725 North St., Pittsfield, MA. Registration will start at 9 am and plan to start at 9:30 to 2:00. We have 2 private dining rooms available. There will be someone there the day of the event to give you directions. It is right near the hospital.

**Morning:** Bring in something to share with the other chapters; it can be a contest, skit, poem or a program. Please make 10 copies to share.

We had a speaker but she can no longer make it that day. We are still waiting for calls back for another speaker. I have many things to discuss with the Holidays soon approaching. Are you getting what you wanted from your TOPS group? What can TOPS do for you?

Remember to bring your weight slip from your last workshop. There will be 3 winners.

We are asking each chapter to bring a **low calorie dessert** to share with the members. Please bring the recipe and the calorie count. If you can't make copies please let me know and I will make them. Please email and let me know what you are going to bring, so we don't have doubles.

**Afternoon** will be for officers or anyone interested in learning the ins and outs of TOPS. Please bring your questions.

**COST: \$4** guest are free, a free membership will be given out that day.

The cafeteria will be open or you can bring a bag lunch.

Hope to see you there,

**Terri Lavigne: 413-532-7664 or 413-237-5266**

**losingweight@tlavigne.us**

RSVP I would like to make sure I have enough copies to hand out.