

## **BEFORE & AFTER PARADE**

The "Before and After" Parade is open to anyone who has lost 35 pounds or more from Highest Weight recorded at TOPS. Please send a Before photo. Also please note Before and After sizes will be announced.

OPTIONAL: You may choose to have your WEIGHT LOSS ANNOUNCED, complete the Weight Loss column ONLY if you wish to!

Name	Email & Phone #	Before Dress or Pant Size	After Dress or Pant Size	Weight Lost (Optional)

## \*\*\*Email or postal mail A CLEAR PICTURE OF YOUR <u>BEFORE</u> SIZE.

Please fill in this section completely.

Email:

Scan & email to: <u>pattijeanh@gmail.com</u> or Mail to: Patti Jean Horton 30 Algerine Street Berkley, MA 02779 Deadline: Must be mailed or emailed no later than <u>May 4, 2024</u>