

# Scripps Mercy Hospital Chula Vista Well Being Center

## TOPS

*(Take Off Pounds Sensibly)*



*TOPS is the oldest international, non-profit, non-commercial weight-loss support Group. Change takes time. Take Off Pounds Sensibly supports you - no matter how long-even after you've reached your goal! TOPS members discover the ins and outs of nutrition and learn to incorporate change gradually, allowing the healthier person within to emerge.*

*Annual Membership Fee \$24*

**When:** Every Thursday  
**Time:** 6-8:00 p.m.  
**Location:** Norman Park Center  
270 F Street  
Chula Vista, CA 91910

*For more information, please call (619) 862-6600*