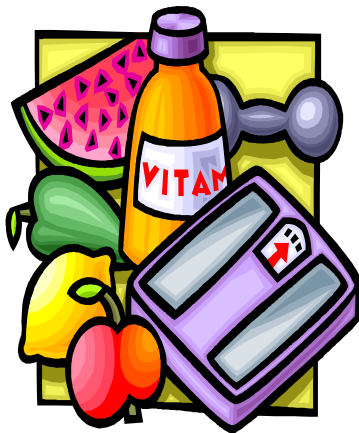


# Scripps Mercy Hospital Chula Vista Well Being Center

## **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 \$28*

### **MEETING DATE & TIME**

**Every Thursday**

**6:00 - 8:00 PM**

Scripps Mercy Hospital Chula Vista  
495 H Street *(Bank Building)*  
Chula Vista, CA 91910



**For more info please call  
(619) 862-6600**

