

# TOPS

TAKING OFF POUNDS SENSIBLY

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Weight loss is more than just a number on the scale.

It is a journey when combined with eating right, appropriate exercise and working with a supportive group we can achieve results. Together.

**Join us**  
**Wednesday Mornings**  
**9:30-11:00am**

**1st Session Free**  
**Yearly Dues \$38.50**



**SOAR @DORR AT DORR TOWNSHIP**  
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