

# TOPS

## *Take Off Pounds Sensibly*

**Capital Senior Center is  
interested in starting our own  
Chapter of TOPS.**

TOPS, *Take Off Pounds Sensibly*, is a nonprofit, noncommercial network of weight-loss support programs. TOPS embraces a powerful approach to weight loss that encourages healthful eating, regular exercise, and support from others.

With weekly meetings, members provide group support and motivation to adhere to food and exercise programs. Membership in TOPS is low-cost at only \$26 per year.

*If you are interested in participating, please  
call the Capital Senior Center at  
803- 779- 1971.*

*Also please let us know what time of day you  
would be interested in meeting.*