

APPROVED WEIGHT LOSS PROGRAMS

Take Off Pounds Sensibly (TOPS)

BARTOW CIVIC CTR (TOPS #FL 0094), 2250 S FLORAL AVE, Adult Lounge Rm, BARTOW- WHEN: Tues: 5:30/6:00 PM (weigh-in/meeting times)

HIGHLAND PARK CHURCH OF THE NAZARENE (TOPS #FL 0758), 4777 LAKELAND HIGHLANDS RD, Chapel, LAKELAND- WHEN: Mon: 5:30/6:00 PM (weigh-in/meeting times)

NEW BEGINNINGS BAPTIST CHURCH (TOPS #FL 0124), 404 W. BELMAR ST., Dining Room & Kitchen, LAKELAND, FL 33803-1296 (weigh-in/meeting times)- WHEN: Thurs: 5:30/6:15 PM

CARILLON LAKES TOWN CTR (TOPS #FL 0774), 3901 CARILLON BLVD, Craft Rm, LAKELAND- WHEN: Tues: 5:30/6:00 PM (weigh-in/meeting times)

PALM TERRACE (TOPS #FL 0068), 1919 LAKELAND HILLS BLVD, LAKELAND, 816-0793, 858-6722- WHEN: Thurs: 6:00/7:00 PM (weigh-in/meeting times)

CHURCH OF CHRIST (TOPS #FL 0781), 310 ORANGE ST., AUBURNDALE- WHEN: Thurs: 4:15/5:00 PM (weigh-in/meeting times)

For other meetings in Polk County, go to www.tops.org. or call Area Captain, **Sarah E Hernandez**, (863) 859-2425

- Your first visit at a chapter is free and you are under no obligation to join.
- Cost of joining at the meeting is a modest \$24.00 per year and includes regular issues of TOPS News as well as other helpful materials.

Weight Watchers

TEMPEL EMANUEL, 600 LAKE HOLLINGSWORTH DR , LAKELAND, FL 33804, WHEN: Wed. 12:30 p.m. & 5:30 p.m.

FIRST BAPTIST CHURCH, 410 E CHURCH ST, BARTOW- WHEN: Tues: 5:30 p.m., Thurs: 12:15 p.m.

ARDELLA BAPTIST CHURCH, 709 PIPKIN RD , LAKELAND- WHEN: Mon: 6:00 p.m., Tues: 9:00 a.m. & 6:00 p.m., Thurs: 4:30 and 6:00 p.m., Fri: 9:00 a.m., Sat: 7:00, 8:30 and 10:00 a.m.

FIRST BAPTIST CHURCH, 1010 E MEMORIAL BLVD, LAKELAND- WHEN: Wed: 12:30 and 5:30 p.m.

CLARION HOTEL, 1150 3RD ST SW , WINTER HAVEN - WHEN: Mon: 6:00 p.m., Tues: 9:00 a.m., Thurs: 9:00 a.m. and 6:00 p.m., Sat: 8:30 and 10:00 a.m.

AUBURNDALE WOMENS CLUB, 243 LAKE AVE EAST, AUBURNDALE- WHEN: Tues: 6:00 p.m., Thurs: 9:00 a.m.

OAK PLAZA, 5100 US HWY 98 N, LAKELAND, FL- WHEN: Sun: 8:30 a.m. & 12:00 p.m., Mon: 9:00 a.m. & 6:00 p.m., Tues: 10:30 a.m., Wed: 9:30 a.m. & 5:30 p.m., Thurs: 9:30 a.m. & 5:45 p.m., Fri: 9:30 a.m., Sat: 7:30 & 9:00 a.m.

For other meetings in Polk County, please call 1-800-651-6000 or go to www.weightwatchers.com.

- You attend meetings once a week for less than an hour. There are several flexible payment options.
- Each week you have a confidential weigh-in to help you track your progress.
- You learn how to make wise choices, eat healthy and enjoy food and exercise.
- Every week you get new tips and program materials.

Jenny Craig

LAKELAND: 3615 S. FLORIDA AVE., LAKELAND, FL, (863) 619-3734

BRANDON: 2488 W. BRANDON BLVD., BRANDON, FL, (813) 681-5888

- Weekly scheduled one-on-one consultations including a private weigh-in.
- Wide selection of Jenny's Cuisine and products available at your local Centre
- 24/7 online message boards and live chat provide additional support from your peers
- Cost depends upon membership level and services
- Discounts available: 50% off 6 mo membership; 20% off 1 yr membership (link to coupon: www.polk-fl.net, Keyword WELLNESS)