



## **SHED POUNDS, GAIN FRIENDS**

First visit is FREE!

**Join us for affordable, effective  
weight-loss support!**

**Biela Center**

4545 Midlothian Turnpike

Crestwood, IL

Tuesday 6:30-7:30pm

**For more information**

Adrienne 708-2281701

**Real People. Real Weight-Loss.® [www.tops.org](http://www.tops.org)**