

Fall 2010

A N E W L E A F

Now is such an excellent time to have Open Houses! Everyone is coming back home from vacation. School is starting. Life is settling back into a normal routine. Snowbirds are readying for travel and the holidays lie ahead. All of us are thinking about turning over a new leaf.



Some of our many successful chapters have shared wonderful ideas for Open House in this month's issue of TOPS News (August/September 2010). Reading of their innovation and fun inspired me to think about expanding the concept to Open Houses. There is even a new Open House theme "**Turn Over a New Leaf**".

Let's host an open house as part of your chapter meeting activities? Invite guests and former members to the event. Invite the public for the Open House activity. Invite excellent losers and successful KOPS from the area to share a few words and a before picture. If location is right, have a 15-20 minute TOPS walk. (Remember the walk waivers of course). Encourage everyone to wear a TOPS t-shirt. Use the August/September issue of the TOPS News for a member to demo some basic exercises and for a member to do a visual presentation on the amount of salt found in many common foods. Let local media know what is up.



Give out leaves to redeem for small apples to newcomers, visitors, participants. Write positive sayings on leaves and place on a tree branch for each attendee to select and take home... place your contact info on the reverse side. The "Smart Choices Challenge" Contest on page 43 in this month's issue of TOPS News would make a great show and tell.

Have fun!

Love and Happy Losing, Barb

