

TOPS (Take Off Pounds Sensibly)

Sponsored by the NCCU Employee Wellness Committee

TOPS is a nonprofit weight-loss support organization, encouraging weight loss and maintenance through mutual support of sensible eating and exercise.



WALKING



WALKING

So get ready, get set and let's take off pounds with a "sensible" and enjoyable weight loss plan. Participation requires weekly meetings and weigh-ins.

(meeting location/time to be announced)

WALKING



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