

T.O.P.S. Club - Smithers

3919 7th Avenue
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Canada

Phone: 250 847 5644

TOPS Club Inc. TOPS (Take Off Pounds Sensibly) is the original non-profit weight-loss support and wellness education organization. Established in 1948 to champion weight-loss support and success TOPS has helped millions of people live healthier lives. Join us today! TOPS' Mission is to support members as they take off and keep off pounds sensibly. With TOPS healthy living is a family affair. TOPS help families learn how to make healthy sustainable lifestyle choices that benefit the well-being of the entire family. TOPS members are not required to eat special foods and are able to prepare healthy meals that all members of the family can enjoy. With TOPS there is no need to prepare separate meals for family members who are watching their weight. Through use of the Exchange system and other nutritional tools TOPS members learn how easy it is to create healthy balanced meals all family members will enjoy. Portion sizes may be easily adjusted to accommodate those who are not aiming for weight

Contact Person: Susan

Serves Community: Regional

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Mining Product/Service: Weight loss support group