

TOPS (Take off Pounds Sensibly)

1303 Nagogami Road (past Highway Patrol)
Hwy E
65401

Phone: (573) 578-9685

TOPS meets every Thursday at the Hwy E Church of Christ. Weigh-in time is 6-7:00 p.m. Meeting is 7-8:00 p.m. Lovera Baird is our leader.

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