

# TOPS 1286 - SALEM MO

---

65560

Phone: (573) 453-8808

A sensible way to lose weight and eat healthier . We meet in Salem,mo. At FIRST Baptist Church every Thursday in morning at 8:30 am till 10:00 am the first meeting is free , then only 28\$ a yr. and only 3\$ a month !!! It is a way to weigh in where only 3 people know your weight and we have contests to see who can lose the most wgt. We reward you lots of other stuff and you can make great friends who will support you and talk about how you can eat healthily ECt ... So come on and join TOPS !! 1-573-453-8808 to contact Crystal Kreiter 1286 leader of salems morning group

[Email Friend](#)