



TOPS is a nonprofit, noncommercial weight-loss support and wellness information organization. We have been providing our members and the public with healthy lifestyle guidance since 1948. You have already received some of our helpful materials. Ordering more is as simple as completing this form and sending it back to us.

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Milwaukee, WI 53207-0360

Healthy & Active MAGAZINE	How Many?
The "best of" articles featured in <i>TOPS News</i> , the membership magazine	<b>Please send:</b> 25 <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/>

INFORMATIONAL/EDUCATIONAL BROCHURES	How Many?
<b>Powerful Support for Real Weight Loss and Lifelong Health</b> Concise, thorough explanation of TOPS. Ideal for sharing with patients.	<b>Please send:</b> 25 <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/>
<b>Healthy Eating for Teens</b> Written for teens and their parents, grandparents and healthcare providers.	<b>Please send:</b> 25 <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/>
<b>Emotional Eating</b> Encouraging insights to recognize and resolve emotional eating issues, which can sabotage weight-loss efforts.	<b>Please send:</b> 25 <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/>
<b>Take Control of Diabetes with TOPS</b> Great information for anyone with diabetes or pre-diabetes.	<b>Please send:</b> 25 <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/>

**SHIP TO (please print):**

Name		Title
Company/Practice Name		
Street Address or P.O. Box		
City	State/Province	Zip/Postal Code
Phone (required)		Email (optional)

TOPS also has a variety of helpful tools (BMI wheels for adults and children/adolescents, "My Picture of Health" magnets, *Real Life: The Hands-on Pounds-off Guide* ) available for a nominal fee. Check here if you would like additional information. ☐