

## Evening Group, Take Off Pounds Sensibly

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Must be 7 years of age and older.

Family

No

Intake Contact

Kathy Eanes

Intake Contact Email

kathye@digdat.com

Intake Process

Walk in to attend meeting; call for information

Self Refer

Yes

Tops Club

<http://www.tops.org>

Main

(276) 638-4019

Toll-Free

(800) 932-8677

415 Mica Road, Fellowship Hall  
24148 VA  
United States

Monday: Closed

Tuesday: 5:00 pm-7:00 pm

Wednesday: Closed

Thursday: Closed

Friday: Closed

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

TOPS VA Chapter 0413 offers a support group that helps people develop healthy eating habits and exercise as they take off pounds sensibly. Our goal is to help people have a healthy lifestyle for their individual healthy weight and maintain that healthy weight.

Weigh in is at 5:00PM, meeting begins at 5:30 on Tuesdays. Please call Kathy Eanes, Area Captain at 276-638-4019 or email her at [kathye@digdat.com](mailto:kathye@digdat.com) for more information.

There are several other chapters in the area. Call for information about chapters in Martinsville, Stanleytown, Collinsville or Fieldale.

Service Area(s)

Henry County

,  
Martinsville City