

# Heidi's Happenings

December 2016

## MESSAGE FROM HEIDI

Hello, everyone! I am sad to announce that, starting January 1, I will be changing areas. I will be taking over the Northern Utah Area.

I have loved visiting with all of you and getting to know you over the past two years. It will be nice to be closer to home, but I will miss my visits with your chapters. Thank you for being so welcoming to me, and I'll see you at Fall Rally, Spring Workshop, and SRD!



Bob devises the ultimate weight-loss system.

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## Holiday Charm

I will be doing my Holiday Challenge again this year! If you weigh less at the first weigh-in of January than you do at the weigh-in before Thanksgiving, you will get a charm from me. The holidays can be a difficult time, so this is just a little something extra to keep you motivated. KOPS need to be under goal the first weigh-in of January to earn the holiday charm.

Please email me the names of who did it by January 15.

## Chapter Visits

I was able to visit with Richfield, Milford, Kanab, and Hurricane this month! It was wonderful to see all of you! Your chapters are a lot of fun, and this year's AC program was great as well. I'm glad you got to experience it.

## Holidays are coming

The Holidays are coming! Make a plan. Don't cancel TOPS meetings during the month of December, unless your meeting falls on the holiday itself. We all need the reminder, the support, and the weigh-in during this time of year.