

Press Release

Springfield Convention & Visitors Bureau

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More than 1,200 expected for TOPS event April 8-9 in Springfield

Springfield, Mo. – Take Off Pounds Sensibly expects more than 1,200 people to attend its division winner awards and recognition countdown set for April 8-9 at Ramada Oasis Hotel & Convention Center in Springfield. The Broadway-themed event includes recognition of the TOPS weight loss competition.

TOPS is the world's oldest, nonprofit, noncommercial weight loss support group. The organization does not prescribe any one diet. TOPS supports the members in what their health care provider recommends and supports individuals on their way to becoming healthier. The annual membership fee is \$26. There are 13 chapters in Springfield that meet at various times and locations.

Special guests at the event include Dr. Nick Yphantides, who lost 270 pounds and is the author of "My Big Fat Greek Diet." Noah Alldredge, a registered dietician and certified personal trainer, is the founder of Big Time Results, a Springfield-based company providing fitness and nutrition products and training.

Entertainment will be provided by the Magnificent Variety Show from Branson.

For more information, call Randy Paul at 417-343-4265, Carol Micetich at 630-552-7508 or Nita Blaser at 573-265-7206 or visit www.tops.org. For more information about other conventions and group events in Springfield, call the Convention & Visitors Bureau at 417-881-5300 or 800-678-8767.

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