

Flick The Flea

Each member receives a piece of paper with a doggy drawing on it and 25 fleas.

Members are able to lose up to 5 fleas per week by:

Losing weight

Writing a TOPS pal

Staying for a meeting

Bringing a poem or article to share

Keeping a food diary.

It will run at least 5 weeks or until someone loses all their fleas.