

Happy Valentines

(Can be started on Valentines day)

I've made a poster out of pink paper. I've cut out white doilies in the shape of hearts. We will all get to put our names on a white doily heart and for each contest requirement each member will get a valentine like sticker for her heart. Then the one with the most stickers on Feb. 15 will get a prize. The requirements are as follows:

1. TOPS: lose any weight, KOPS: be in leeway (healthy weight = healthy heart).
2. Make contact with a member during the week by telephone, person, e-mail or snail mail (friendship = healthy heart).
3. Be prepared to share/discuss one thing we can do to help our hearts be healthy (education = healthy heart).
4. Do one thing for your heart this week, that you don't normally do (healthy changes = healthy heart).