

HAVE A HEART

Make a poster with a heart in large outline. Each member's name is entered on it with a line for stickers (purchased in advanced). Heart stickers are awarded to each member for:

- (1) Staying for the entire meeting.
 - (2) Contacting another member,
 - (3) Losing 1/4 lb or more.
- KOPS rules can be adapted here, also.

The winner will receive something with a heart on it or a heart basket filled with prizes with hearts on them.