



Capital Health

P L A N



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Blue Cross and Blue Shield Association

In response to numerous requests regarding weight management classes, CHP is pleased to share the following information with you. These community based programs offer sessions several times a week at various locations.

- **Overeaters Anonymous (OA)** is a donation-funded 12-step program based on the concept that compulsive overeating and other eating issues can be controlled through emotional and spiritual support. Although a framework for healthier eating is provided, it purposely does not give any nutritional advice. Members may choose to have a sponsor and receive support outside of the meetings. The focus is on inner change. Try it if you would enjoy small group, respectful, spiritual-type discussions. Find them at www.OA.org or attend a meeting:
 - Newcomers Meeting is held on Tuesdays at 7:00 PM at St. John's Episcopal Church Parish Hall 2nd floor. The church is located in the 200 block of North Calhoun Street. You do not have to register or call in order to attend. Other meetings include a Steps and Traditions Study and a Big Book Study, both on weekends at TMH Behavioral Health Center, 1616 Physicians Drive. Locally, you may call Sarah (850) 363-1451 or David (850) 385-8421.

- **Take off Pounds Sensibly (TOPS)** is a non-profit, non-commercial, dues-funded international program with local chapters meeting weekly. The focus is on support and wellness education with local contests, prizes, and events. There are also state and international events, retreats, and recognition programs. Fees are \$28.00 per year plus less than \$5.00 per month for local chapter fees. A monthly magazine subscription is included with membership. Online, you will find a variety of helpful tools as well as information about wellness and nutrition. Join online for an additional small fee. Contact information: www.tops.org or TOPS Headquarters at 1-800-932-8677 to find a local chapter in your area. The following chapters meet in Tallahassee:
 - AM meeting: Fridays 9:30-11:00 AM at Lafayette Park Community Center
 - PM meeting: Thursdays 6:30-8:00 PM at Thomasville Road Baptist Church