

Weight Control, Harrisonburg

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Contact

Vickie Bland, Area Captain

Intake Contact Email

blandve@jmu.edu

Intake Process

Call the Coordinator or Area caption or any other group member

Report Problems

Call the Agency

Self Refer

Yes

TOPS (Take Off Pounds Sensibly) Club

<http://www.tops.org/>

<https://www.facebook.com/TOPSClub>

Main

(540) 828-2765

Toll-Free

(800) 932-8677

Bethlehem Brethren Church

178 Pleasant Hill Road

Lower Level Social Hall

22801 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday through Friday from 8:00 am to 4:30 pm Central.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

TOPS is a weight control self-help association using group dynamics, competition, and recognition to help members lose weight. TOPS is medically oriented, requiring physician-approved individual diet programs, and physician-set weight goals. Men and teenagers welcome. Area captain is Vickie Bland (540.828.2765); coordinator is Joyce Anderson (540-943-4056).

Meets at Bethlehem Brethren Church (TOPS 0211), 178 Pleasant Hill Road, Lower Level Social Hall, Harrisonburg, VA on Tuesday 4:45/5:45 (weigh-in/meeting times).

Another meeting in the area meets at Bridgewater Presbyterian Church (TOPS #0524), 110 E College Street, Social Hall, Bridgewater VA 22812, on Tuesday at 6:15/6:30 PM (weigh-in/meeting)

Click here to [Find a Local Chapter](#)

Service Area(s)

Harrisonburg City

,

Rockingham County