

# **Weight Management**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Overweight by at least ten pounds

Family

No

Intake Contact

Judy Pruett

Intake Contact Email

[judyptops@msn.com](mailto:judyptops@msn.com)

Intake Process

Call for information

Self Refer

Yes

Take Off Pounds Sensibly, TOPS, Chapter 58

<https://www.tops.org>

Main

(434) 237-3490

615 Perrymont Avenue

Memorial Christian Church

24502 VA

United States

Additional Availability Comments

Visit a chapter

Payment Method(s)

Veterans Administration

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Private Pay

Languages Spoken

English

TOPS offers a healthy, caring and supportive approach to weight control, at an affordable price. Your first visit at a chapter is free and you are under no obligation to join. Bring a friend if you like. If you decide to join, a TOPS member will help you fill out an application at the meeting.

Cost of joining at the meeting is a modest \$26.00 US per year. This includes regular issues of TOPS News well as other helpful materials.

Chapters meet at the following. Call for more information. Visit the website to find more chapters.

Chapter TOPS #596 meets at Heritage United Methodist Church, 582 Leesville Road, Room D15, Lynchburg VA 24502 on Wednesday 8:00/9:00AM (weigh-in/meeting time)

Chapter TOPS #0103 meets at Memorial Christian Church, 615 Perrymont Avenue, Lynchburg VA 24502 on Wednesday 5:00/6:00PM (weigh-in/meeting time)

Covenant Presbyterian Church (TOPS #0310), 108 Melinda Drive, Lynchburg VA 24502, meets on Monday 6:30/7:00PM (weigh-in/meeting time)

Bethlehem Lutheran Church (TOPS #0586), 7336 Timberlake Road, Lynchburg VA 24502, meets on Monday 6:00/6:30PM (weigh-in/meeting time).

Amelon United Methodist Church (TOPS #0740), 220 Amelon Road, Room 3 or Rooms 3 & 4, Madison Heights VA 24572, meets on Tuesday at 9:30/9:50AM (weigh-in/meeting time).

Service Area(s)  
Campbell County  
,  
Lynchburg City