

## **Weight Control, Virginia Beach**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Contact

Linda Kennedy

Intake Contact Email

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

Intake Process

Call for more information

Self Refer

Yes

TOPS (Take Off Pounds Sensibly) Club

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

Main

(757) 558-3811

Toll-Free

(800) 932-8677

1400 Ewell Road Room 305  
Bayside Presbyterian Church  
23455 VA  
United States

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 Shella Foster at 757.440.1662; coordinator is Judy Pruett at 434.258.2891.

TOPS Chapter VA 0500 Meets at Bayside Presbyterian Church, 1400 Ewell Road, Room 305 in Virginia Beach on Friday 8:00/9:30 AM (weigh-in/meeting times).

Another Virginia Beach location meets at Christ Presbyterian Church (TOPS 0167), 709 Aragona Boulevard, Virginia Beach VA 23455, on Thursday 6:00/7:00PM (weigh-in/meeting time).

Another meeting is at Princess Anne United Methodist Church (TOPS 0147), 208 S Plaza Trl Room 20, Virginia Beach, VA 23452, Wednesday 9:00/10:00 (weigh in/meeting)

Click here to [Find a Chapter](#) in Norfolk, Tidewater area.

Service Area(s)

Norfolk City

,

Portsmouth City

,

Virginia Beach City