



# TOPS Virtual Retreat General Guidelines (VR223) February 7-10, 2023 Tuesday, Wednesday, Thursday, Friday

**24 Openings available** for adult (18 years and older)

**\$79.00** (U.S. Funds) payable to **TOPS Club, Inc.** by Credit Card

If you must cancel your reservation, contact U.S. Registrar, Laurie Blada immediately at TOPS Club, Inc. P.O. Box 070360, Milwaukee, WI 53207-03600 **(414) 482-4620, ext. 13.**

The purpose of a Virtual Retreat is to provide the same information and support to TOPS and KOPS members who are unable to attend an on-site Retreat, using the ZOOM platform. Virtual Retreats are held over 4 days and are divided into 6 topic-specific sessions. Sessions run from 90-120 minutes. Nutritional information is from "**Real Life: The Hands-on Pounds-off Guide**".

All times are in Central Standard Time.

Please use [www.timeanddate.com](http://www.timeanddate.com) to check the times in your area.

Session 1: Tuesday	February 7	10:00 AM -11:30 AM CT
Session 2: Wednesday	February 8	10:00 AM -11:30 AM CT
Session 3: Wednesday	February 8	1:00 PM -2:30 PM CT
Session 4: Thursday	February 9	10:00 AM -11:30 AM CT
Session 5: Thursday	February 9	1:00 PM -2:30 PM CT
Session 6: Friday	February 10	10:00 AM -11:30 AM CT

You must have:

- The technical knowledge/experience to comfortably access and participate in a virtual meeting on the ZOOM platform via the internet. **NOTE: Retreat Directors do not teach how to use ZOOM.**
- The capacity to download and open attachments (printing them out is optional).
- It is important to use the name under which you are a TOPS member when registering for the Virtual Retreat. Use this name also when signing in for the sessions. Retreatant names will be verified and those not registered will be denied access to sessions.
- A computer, laptop, iPad or notebook allows the best virtual retreat experience. A cell phone limits viewing and participating in each session and there may be extra phone charges.

Recommended:

- **Real Life: The Hands-on Pounds-off Guide**

Cancellation Policy:

- If you must cancel attending a Virtual Retreat for which you registered, the amount paid may be applied to any Virtual Retreat within the next twelve months without penalty.

**Director for this retreat:**

**Terri Ord (Retreat Director)**

**Phone: (425) 271-4446**

**Email: [key2kops@aol.com](mailto:key2kops@aol.com)**

**Please add this email address to your email address book  
in order to be certain you receive email from the Retreat Director.**