

## Weight Control, Fredericksburg

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact Email

FJD4TOPS@verizon.net

Intake Process

Come to a meeting.

Self Refer

Yes

TOPS (Take Off Pounds Sensibly) Club

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

Main

(540) 248-1821

Toll-Free

(800) 932-8677

616 Amelia Street

22401 WI

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. Fay Dunmire is area captain; coordinator is Myrna Pritt.

Meets at Free Lance Star (TOPS #0720), 616 Amelia Street, Community Room, Fredericksburg VA 22401, on Thursday at 6:00/6:30PM (weigh-in/meeting times).

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

Service Area(s)

Fredericksburg City

,

Spotsylvania County

,

Stafford County