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Madeleine Dignard KOPS

(Keeping Off Pounds Sensibly)

Maintained her loss of 34 lbs for

16 years



Carol B. -24 lbs

Lory L. -16 lbs

Linda Y. -12 lbs

Lundi / Monday

16h30 - 17h30 / 4:30 - 5:30 p.m.

UNIVI St.-Charles

Craft Room

Contact : Lory Lavallee 289 682-1980

Or

Madeleine Dignard 705 691-0424



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