

Meeting Information Locations, Days & Times

SPECIALTY GROUPS

- *EX** - Sunrise Express (one hour only)
- EX** - Express Meeting (one hour only)
- MM** - Mommy & Me (children welcome)
- WI** - Weigh-In (no meeting held)
- 50+** - 50 lbs. or more to lose
- ♿** - Wheelchair Accessible Scale

(Dr.'s note with goal or range is required for ages 13 - 17)

Doors open 1/2 hour before scheduled time.
Presentation begins 15 minutes after advertised time.
Orientation Session is held at the end of regular meeting.

PENNSYLVANIA PHILADELPHIA COUNTY CENTER CITY

1500 WALNUT STREET CENTER
1500 Walnut Street
Mezzanine - Suite 100
(over Butcher and Singer Restaurant)

	Mon, Tues, Wed & Thurs	12:00 pm
*EX	Wednesday	7:30 am
	Thursday	6:00 pm
WI	Friday	9:00 am - 3:00 pm
EX	Saturday	8:00 am
	Saturday	10:00 am

ARCH STREET CENTER (no steps)
801 Arch Street, Room #101

EX	Monday	12:00 pm
*EX	Tuesday	7:30 am
WI	Tuesday	8:30 am - 11:30 am
EX	Tuesday	12:00 pm
WI	Wednesday	8:00 am - 11:30 am
EX	Wednesday	12:00 pm
WI	Thursday	8:00 am - 11:30 am
EX	Thursday	12:00 pm
*EX	Friday	7:30 am
WI	Friday	8:30 am - 1:00 pm

Children's Hospital of Philadelphia
3400 Civic Center Blvd.
Wood Building, Room 5206

EX	Wednesday	11:00 am
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Lutheran Church of Holy Communion
2111 Sansom Street (1st floor)

	Wednesday	12:00 pm
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The Philadelphian
2401 Pennsylvania Ave. (Community Room)
on Parkway across from Art Museum.

	Monday	5:30 pm
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University of Penn. Facilities
3101 Walnut Street (entrance room one)
Next to Left Bank building (elevator to first floor)

EX	Tuesday	11:30 am
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NORTH PHILADELPHIA
TIAGA
Zion Baptist Church
Broad and Venango Streets (Church Chapel)

	Thursday	6:30 pm
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NORTHEAST PHILADELPHIA
ACADEMY (no steps)
Academy Center
3342 Grant Avenue
Grant Avenue & Academy Road

	Monday, Thursday & Saturday	9:30 am
	Monday	7:00 pm
	Tuesday	12:00 pm
	Tuesday	6:00 pm
	Wednesday & Thursday	7:30 pm
	Friday	10:00 am
	Friday	12:30 pm
*EX	Saturday	7:45 am

BUSTLETON (no steps)
Grant Plaza Center
Grant Plaza 1 (by Radio Shack) 1701 (b) Grant Ave

	Tuesday, Friday & Saturday	9:30 am
	Tuesday	6:00 pm
	Wednesday	12:00 pm
	Wednesday	7:00 pm
	Thursday	6:30 pm
*EX	Saturday	7:45 am

FISHTOWN
Bethel Baptist Church
2210 East Susquehanna Avenue

	Thursday	6:00 pm
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NORTHEAST (no steps)
Northeast Center
7320 Castor Avenue

	Sun, Wed, Thur & Fri	9:30 am
	Monday	1:00 pm
	Monday & Thursday	7:00 pm
	Tuesday	5:30 pm
	Friday	6:30 pm
EX	Saturday	8:00 am
	Saturday	10:00 am

PORT RICHMOND
Samuel's Recreation Center
3539 Gaul Street

	Wednesday	6:00 pm
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NORTHWEST PHILADELPHIA
GERMANTOWN - Canaan Baptist Church
5430 Pulaski Street (children's day care room)

	Thursday	6:00 pm
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MT. AIRY - St. Raymond's Church
1350 East Vernon Road

	Saturday	10:00 am
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ROXBOROUGH
Roxborough Presbyterian Church
8230 Ridge Avenue (Walnut Room)

	Monday	6:30 pm
	Tuesday	7:00 pm
	Saturday	9:30 am

SOUTH PHILADELPHIA
SOUTH PHILADELPHIA
South Philadelphia Center
2112 South Broad Street (Broad & Snyder)
(downstairs)

WI	Monday	9:00 am until 5:00 pm
	Monday & Wednesday	7:00 pm
	Tuesday	6:00 pm
	Wednesday	9:30 am
	Thursday	12:00 pm
	Thursday	5:00 pm
WI	Friday	9:30 am until 5:00 pm
EX	Saturday	8:00 am
	Saturday	10:00 am

WEST PHILADELPHIA
Tabernacle Evangelical Lutheran Church
59th and Spruce Streets

	Saturday	8:30 am
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Entrance is up the handicapped ramp through the double red doors. There is a bell at the top of the ramp for admittance.

BERKS COUNTY
BIRDSBORO
St. Mark's Evangelical Lutheran Church
5 Brooke Manor

	Thursday	6:30 pm
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BOYERTOWN
Boyertown Area Senior Center
200 W. Spring Street

*EX	Thursday	6:30 pm
EX	Saturday	7:30 am
	Saturday	9:30 am

DOUGLASSVILLE
St. Paul's United Church of Christ
1312 Old Swede Road (Social Room)

	Tuesday	6:30 pm
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LEESPORT
Leesport Trinity United Church of Christ
17 North Center Ave
(2nd floor, Room 208 - Back parking lot)

	Thursday	6:00 pm
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JACKSONWALD
Schwarzwald Lutheran Church
250 Church Lane Road and Oley Turnpike Road
(main ent. - church hall)

	Wednesday	6:30 pm
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KUTZTOWN - St. John's Lutheran Church
201 East Main Street (Fellowship Hall)

	Tuesday	6:00 pm
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MORGANTOWN
St. Thomas Episcopal Church
6251 Morgantown Road, Twp. Route 10

	Monday	6:30 pm
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ROBESONIA (no steps)
Borough of Robesonia
75 South Brooke Street

	Wednesday	6:00 pm
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WYOMISSING (no steps) - Reading Center
840 Park Road
Park Plaza (next to Inn at Reading)

MM	Monday	9:30 am
	Mon, Tues, Wed & Thurs	6:00 pm
	Tue, Wed, Thur, Sat	9:30 am
	Wednesday	12:00 pm
EX	Thursday	12:00 pm
EX	Friday	5:00 pm
*EX	Saturday	7:30 am

BUCKS COUNTY
BENSALEM (no steps)
Bensalem Center
3657 Hulmeville Road (Salem Center 2)

	Sunday & Tuesday	9:30 am
	Monday	6:30 pm
	Tuesday & Thurs	7:00 pm
	Wednesday & Thursday	12:00 pm
	Thursday, Friday & Saturday	10:00 am
EX	Thursday	5:00 pm
	Friday	12:00 pm
EX	Saturday	8:00 am

CHALFONT - Grace Community Church
300 Highpoint Drive (main door)

EX	Thursday	5:00 pm
	Thursday	7:00 pm

DOYLESTOWN (no steps)
Doylestown Center
73 Old Dublin Pike, (Mercer Square, Weis Supermarket)

	Monday	5:30 pm
MM	Tuesday	10:00 am
EX	Tuesday	12:00 pm
	Tuesday	7:00 pm
*EX	Wednesday	7:30 am
	Wednesday & Saturday	10:00 am
EX	Wednesday	5:30 pm
	Thursday & Friday	9:30 am
WI	Friday	12:00 pm until 3:00 pm
EX	Saturday	8:00 am

FEASTERVILLE
St. Stephen's Lutheran Church
65 East Street Road

	Tuesday	10:00 am
	Wednesday	7:00 pm

LANGHORNE - Oxford Valley Mall Center
2300 E. Lincoln Highway
Lower Level next to Macy's

	Sunday & Thursday	9:30 am
	Monday & Tuesday	7:00 pm
EX	Tuesday & Wednesday	12:00 pm
EX	Tuesday	5:15 pm
EX	Wednesday & Saturday	8:00 am
MM	Wednesday	10:00 am
	Wednesday	6:30 pm
	Thursday	7:30 pm
	Friday & Saturday	10:00 am
	Friday & Saturday	12:00 pm

NEWTOWN - Newtown Center
287 North Sycamore Street

	Monday, Tuesday & Thursday	6:30 pm
	Tuesday, Thursday & Friday	10:00 am
MM	Wednesday	10:00 am
	Wednesday	7:00 pm
	Thursday	12:00 pm
*EX	Saturday	7:30 am
	Saturday	9:30 am

PERKASIE - Trinity Lutheran Church
5th & Chestnut Streets (2nd Floor)

	Tuesday	7:00 pm
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QUAKERTOWN (no steps)
Quakertown Center
Quakertown / Richland Crossing
235 North West End Boulevard (309)

	Monday	12:30 pm
	Tuesday	10:00 am
	Tuesday	7:00 pm
EX	Wednesday	12:00 pm
MM	Thursday	9:30 am
	Thursday	6:30 pm
WI	Friday	9:00 am until 12:00 pm
EX	Saturday	8:00 am
	Saturday	9:30 am

RICHBORO - Ohev Shalom Synagogue
944 2nd Street Pike

	Tuesday & Wednesday	9:30 am
	Wednesday	6:00 pm

WARMINSTER (no steps)
Warminster Center
1551 W. Street Road. Warminster Square

	Sunday & Wednesday	10:00 am
	Mon, Fri & Sat	12:00 pm
	Mon, Tues, Wed & Thurs	6:30 pm
	Tuesday & Saturday	9:30 am
MM	Thursday	9:30 am
	Thursday	12:30 pm
	Friday	9:30 am
*EX	Saturday	7:30 am

CHESTER COUNTY

DOWNINGTOWN - Downingtown Center
150 E. Pennsylvania Ave. (No Steps) ♿
Mill Town Square (building #520)
Monday, Tuesday & Thursday 6:30 pm
Wednesday & Saturday 9:30 am
Wednesday 6:00 pm
Saturday 7:30 am

FRAZER (no steps) - Frazer Center

Lincoln Court Shopping Center
235 Lancaster Avenue (front entrance)
Monday, Tuesday & Thursday 12:00 pm
Monday 5:30 pm
Tuesday 10:00 am
Wednesday 10:00 am
Wednesday 6:00 pm
Thursday 6:30 pm
Friday 7:30 am
Friday 9:30 am
Saturday 8:30 am

KENNETT SQUARE

Kennett Area Senior Center
427 South Walnut Street
Monday 7:00 pm

OXFORD - Oxford Center For Dance

2371 Baltimore Pike
Tuesday 7:00 pm

PHOENIXVILLE (no steps)

Phoenixville Center
Phoenixville Plaza
700 Nutt Road Rt. 23 & Rt. 113 (Kimberton Rd.)
Tuesday & Thursday 6:30 pm
Wednesday 10:00 am
Wednesday 6:00 pm
Thursday & Saturday 9:30 am
Thursday 12:00 pm
Friday 9:00 am until 1:30 pm
Saturday 8:00 am

POTTSTOWN

Cedarville Methodist Church
1092 Laurelwood Road
Monday 6:30 pm

WEST CHESTER (no steps)

Goshen Center
9 Five Points Road (off Route 3)
(third building on right, awning says "Medical Building")
Monday 6:00 pm
Tuesday, Thursday, Fri & Sat 9:30 am
Wednesday 6:00 pm
Wednesday 12:00 pm
Thursday 7:00 pm
Saturday 7:30 am

DELAWARE COUNTY

ASTON (no steps) ♿
Aston Center
166 Pennell Road Dutton Mill Shopping Village
Monday 6:00 pm
Tuesday & Wednesday 5:30 pm
Wednesday & Saturday 9:30 am
Thursday 9:30 am
Thursday 5:30 pm
Saturday 7:30 am

BROOMALL

St. Luke's Greek Orthodox Church
35 North Main Road, 1st floor (suite 101)
Wednesday 9:30 am

HAVERTOWN - Trinity Lutheran Church

1141 West Chester Pike, Social Hall
(across from Speed Way Gas Station)
Tuesday 6:00 pm
Thursday 10:00 am

FOLSOM (no steps) - Ridley Center

136 Morton Ave (Level 1-front)
Monday & Wednesday 5:30 pm
Tues, Thurs, Fri & Sat 9:30 am
Tuesday, & Thursday 7:00 pm
Wednesday 10:00 am
Wednesday 12:00 pm
Saturday 7:30 am

LANSDOWNE - St. Paul's Lutheran Church

50 E. Plumstead Ave. (Lower Lvl- side entrance)
Monday 7:00 pm

SPRINGFIELD - Springfield Center

535 Baltimore Pike & Saker Ave
(Stoney Creek West)
Sunday 9:30 am
Monday & Thursday 12:00 pm
Monday & Tuesday 7:00 pm
Tuesday, Friday & Saturday 9:30 am
Tuesday & Saturday 12:00 pm
Wednesday 8:30 am
Wednesday 6:30 pm
Thursday 5:30 pm
Friday 5:30 pm
Saturday 7:30 am

LANCASTER COUNTY

ELIZABETHTOWN
Elizabethtown First Church of God
144 South Market Street
Tuesday 4:00 pm
Tuesday 6:00 pm

EPHRATA - Ephrata Center ♿

108 North Reading Road (Cloister Shopping Center)
Monday & Wednesday 6:00 pm
Tues, Wed & Saturday 9:30 am
Thursday 12:30 pm
Thursday 6:30 pm
Friday 9:00 - 11:00 am

GAP

Limeville United Methodist Church
5783 Limeville Rd. (Community Room)
Monday 6:30 pm

LAMPETER

Lampeter Fire Company
851 Village Rd., Route 741 (use rear entrance)
Monday 6:00 pm
Wednesday 10:00 am

LANCASTER (no steps) - Lancaster Center

1562 Harrisburg Pike, NW Business Park
(next to Lancaster Main Post Office) ♿
Monday 9:30 am
Monday & Thursday 6:30 pm
Tues, Wed, Thurs & Friday 9:30 am
Tuesday 1:00 pm
Tuesday & Wednesday 6:00 pm
Wednesday 12:30 pm
Thursday 12:00 pm
Friday 11:30 am
Saturday 8:00 am
Saturday 9:45 am

LEOLA

Conestoga Church of the Brethren
141 E. Main Street (North Side Ent.)
Wednesday 6:00 pm
Thursday 9:30 am

LITITZ

Lititz United Methodist Church
201 Market Street (rear entrance)
Tuesday 9:30 am

MANHEIM

St. Paul's United Church of Christ
50 North Main Street
Monday 6:00 pm

MILLERSVILLE

Grace Evangelical Congregational Church
22 Kready Avenue (enter in back of church)
Tuesday 6:30 pm

MOUNT JOY

Trinity Lutheran Church
47 West Main Street
Monday 6:30 pm

MONTGOMERY COUNTY

ARDMORE
Ardmore Center
50 Greenfield Ave. Suite 202
Monday 10:00 am
Monday 6:30 pm
Tuesday, Wednesday & Friday 9:30 am
Tuesday & Wednesday 6:00 pm
Wednesday 12:00 pm
Thursday 12:00 pm
Thursday 7:00 pm
Friday 12:30 pm
Saturday 8:00 am
Saturday 9:45 am

BALA CYNWYD

St. Johns Church
404 Levering Mill Road (Parish Hall)
Monday 6:30 pm

COLLEGEVILLE

Collegeville Center ♿
Collegeville Station 50 W. Third Avenue
(main entrance - 2nd floor) (elevator)
Monday 6:30 pm
Tuesday 4:30 pm
Wednesday, Thursday & Sat. 9:30 am
Wednesday & Thursday 6:00 pm
Friday 7:00 am
Saturday 7:30 am

GLENSIDE (no steps)

Glenside Center ♿
113 South Easton Road
(opposite Humphrey's Exterminator)
Mon, Tues, Wednesday & Thurs 7:00 pm
Tuesday & Wednesday 10:00 am
Thursday 7:00 am
Thursday 12:00 pm
Friday 5:30 pm
Saturday 7:30 am
Saturday 9:30 am

JENKINTOWN - Jenkintown Center

261 Old York Road
The Pavilion, Suite 10B (Garden Level)
Monday & Thursday 6:30 pm
Tuesday 12:30 pm
Tuesday & Wednesday 7:00 pm
Wednesday 9:30 am
Thursday 12:00 pm
Friday 10:30 am
Saturday 9:00 am

KING OF PRUSSIA

King of Prussia Center
170 N. Henderson Road, Suite 102
Henderson Medical Building (first floor)
Sunday, Thursday & Saturday 9:30 am
Monday, Tuesday & Wednesday 12:00 pm
Tuesday, Wednesday & Thurs 6:30 pm
Thursday 12:30 pm
Friday 9:00 am until 3:00 pm
Saturday 7:30 am

LANSDALE (no steps)

Lansdale Center ♿
2333 Walsh Road (Kohls)
Rte. 63 & Forty Foot Road
Ralph's Corner Shopping Center
Monday, Tuesday & Wednesday 7:00 pm
Monday 9:30 am
Tuesday 12:15 pm
Wednesday, Thur & Sat 9:30 am
Thursday 6:00 pm
Friday 7:30 am
Friday 10:00 am
Saturday 7:30 am

MONTGOMERYVILLE

Montgomeryville Center
230 Montgomery Mall (1st floor next Spencers)
Sunday, Tues, Thurs & Sat 9:30 am
Sunday 12:00 pm
Monday & Thursday 6:30 pm
Tuesday & Saturday 7:30 am
Tuesday & Thursday 12:30 pm
Tuesday 7:00 pm
Wednesday 10:00 am
Wednesday 12:30 pm
Wednesday 6:00 pm
Friday 9:30 am
Friday 11:00 am - 1:00 pm
Saturday 1:00 pm

PLYMOUTH MEETING

Plymouth Meeting Center
500 W. Germantown Pike
Plymouth Meeting Mall Church on the Mall
Monday 10:00 am
Monday 6:30 pm
Tuesday & Thursday 9:30 am
Tuesday, Wednesday & Thurs 7:00 pm
Wednesday & Thursday 12:00 pm
Wednesday 4:30 pm
Friday 10:00 am until 1:00 pm
Saturday 7:30 am
Saturday 9:30 am

POTTSTOWN

St. Peter's Lutheran Church
564 Glasgow Street (Glasgow & Walnut St.)
Tuesday 10:00 am

St. James Lutheran Church

High & Price St.
Tuesday 6:30 pm

SOUBERTON

Zion Mennonite Church
149 Cherry Lane
Monday 6:30 pm

UPPER DUBLIN/WILLOW GROVE ♿

Upper Dublin / Willow Grove Center (no steps)
3642 Welsh Rd, Upper Dublin Shopping Center
Sunday & Tuesday 9:30 am
Monday 10:00 am
Monday 5:30 pm
Tuesday & Saturday 7:30 am
Tuesday & Wednesday 6:30 pm
Wednesday, Friday & Saturday 9:30 am
Wednesday 12:00 pm
Wednesday 4:30 pm
Thursday 10:00 am
Thursday 1:00 pm
Thursday 7:00 pm
Friday 7:00 am
Saturday 12:30 pm

WEST NORRITON

Freedom Valley YMCA @Audubon
2460 Boulevard of the Generals (room 24)
Wednesday 9:30 am
Wednesday 6:00 pm

SCHUYLKILL COUNTY

FRACKVILLE - St. Joseph Parish
29 South Broad Mountain Avenue
(South Line Street entrance)
Thursday 6:30 pm

PINE GROVE - Pine Grove Lyons Den

1 Veterans Memorial Drive (main entrance)
Monday 6:00 pm

POTTSVILLE CENTER

Life Center - Four Square Church
2300 Mahantongo St. (back entrance)
Tuesday 9:00 am
Tuesday 7:00 pm
Wednesday 6:30 pm
Wednesday 10:00 am until 1:00 pm
Saturday 9:30 am

NEW JERSEY

BURLINGTON COUNTY

CINNAMINSON CENTER (no steps) ♿
Colonial Square Center, 2103 Branch Pike
Monday & Tuesday 6:30 pm
Tuesday 9:30 am
Wednesday & Saturday 9:30 am
Wednesday & Thursday 7:00 pm
Thursday 12:00 pm
Friday 9:30 am until 3:30 pm
Saturday 8:00 am

NEW JERSEY

CAMDEN COUNTY

BELLMAWR - Bellmawr Center
363 W. Browning Road. (Browning Square Center)
Sunday & Wednesday 9:30 am
Tuesday 10:00 am
Tuesday & Wednesday 6:30 pm
Wednesday 12:00 pm
Thursday 9:30 am
Thursday 12:30 pm
Thursday 5:30 pm
Thursday 7:30 pm
Friday 9:00 am until 3:00 pm
Saturday 8:00 am
Saturday 10:00 am

CHERRY HILL (no steps)

Cherry Hill Center ♿
622 Haddonfield Road (side entrance)
Suite B (next to White Glove car wash)
EX Sunday 9:30 am
Monday, Tuesday & Wednesday 6:30 pm
EX Mon, Tues, Wed & Thurs 12:00 pm
MM Tuesday 9:30 am
Wednesday 10:00 am
Thursday 8:30 am
Thursday 7:00 pm
WI Friday 7:30 am until 2:00 pm
EX Saturday 8:00 am
Saturday 9:30 am

CROSS COUNTY PLAZA (no steps)

Cross County Plaza Center
2110 East Marlton Pike
Monday, Wednesday 12:00 pm
Monday & Thursday 6:30 pm
Tuesday 7:00 pm
Wednesday 10:00 am
EX Wednesday 5:30 pm
Thursday 9:30 am
WI Friday 7:30 am - 2:00 pm
EX Saturday 8:00 am
Saturday 10:00 am

COLLINGSWOOD - Collingswood Fire Hall

20 West Collings Avenue
EX Wednesday 5:00 pm
Wednesday 6:30 pm

WESTMONT

Westmont United Methodist Church
200 Emerald Ave. at Center St. (side entrance)
Tuesday 7:00 pm

GLOUCESTER COUNT

DEPTFORD (no steps) - Deptford Center
Clements Bridge Plaza (next to Pathmark)
1406 Clements Bridge Road
Monday, Tues & Thurs 6:30 pm
Tuesday 12:00 pm
MM Wednesday 9:30 am
Wednesday 5:30 pm
Wednesday 7:15 pm
Thursday 10:30 am
WI Friday 8:00 am until 1:00 pm
EX Saturday 8:00 am
Saturday & Sunday 10:00 am

WOODBURY (no steps) - Woodbury Center

College Square Shopping Center ♿
1006 Mantua Pike, Suite B
Monday & Tuesday 9:30 am
Monday 7:30 pm
Tuesday & Thursday 6:30 pm
EX Wednesday 12:00 pm
Wednesday 6:00 pm
MM Thursday 10:00 am
WI Friday 9:00 am until 2:00 pm
EX Saturday 8:00 am
Saturday 10:00 am