

SG Name	Leader	Contact Information	Day	Time	Location	Address	Zip
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Michigan

Saginaw	Support Groups are scheduled to resume in January			Warrenton Weight Loss Institute			
Ypsilanti	Tina Sheldon	734-547-4732 tsheldon@foresthealth.com	1st Thurs	6:00 - 7:00 PM	Forest Health Medical Center	135 S. Prospect	48198
Jackson	Cathy Digue	317-966-9254 cathy_digue@sbcglobal.net	1st Thurs	6:00 - 8:00 PM	Jackson District Library-Meijer Branch	2699 Airport Road Jackson, MI	49202

Pennsylvania

Langhorne	Deborah McLean	267-572-3208 dmclean@foresthealth.com	3rd Wed	7:00 - 8:30pm	Barix Clinics of Pennsylvania	280 Middletown Blvd.	19047
Langhorne-Saturday	Jill Szczygiel	267-316-8690	1st Sat	11:00 - 1:30	Barix Clinics of Pennsylvania	280 Middletown Blvd.	19047

Resources:

- A Nutritionist Submit your general or nutrition questions online: <http://www.barixclinicsstore.com/barixanswercenter.html>
- Facebook Support Group <https://www.facebook.com/groups/BarixClinicsSupport/>
- Free Monthly eNewsletter http://www.barixclinicsstore.com/newsletter_sign_up.html