

Barix Clinics Virtual Health Hour

These weekly virtual support groups will use Zoom. The meeting ID and password will be posted on the Barix Clinics Facebook Support Group: <https://www.facebook.com/groups/BarixClinicsSupport/>

April 16	12:00 PM	Healthy Snacking
April 23	5:00 PM	Quarantine Movement
April 30	12:00 PM	Making Your Grocery List

Note: All In-person Support Groups have been cancelled until further notice.

Please contact your Group Leader prior to attending for last minute schedule changes.

SG Name	Leader	Contact Information	Day	Time	Location	Address	Zip
Michigan							
Adrian	Edna Maddox	517-403-4006 tommyedna@comcast.net	Last Wednesday	6:00 - 7:00 PM	Riverview Terrace Apartments Community Room	400 College Avenue Adrian, MI	49221
Monroe	Treasure Phillippi	734-777-7411 tsp.342000@gmail.com	Second Tuesday	6:00 - 7:30 PM	Ellis Library - Upstairs	3700 S. Custer Monroe, MI	48161
Ypsilanti	Tina Sheldon	734-547-4732 tsheldon@foresthealth.com	1st Thursday	6:00 - 7:00 PM	Forest Health Medical Center	135 S. Prospect Ypsilanti, MI	48198
Jackson	Cathy Digue	317-966-9254 cathy_digue@sbcglobal.net	1st Sunday	1:00 - 3:00 PM	East Jackson Public Library	3125 E. Michigan Ave Jackson, MI	49202

Resources:

Barix Answer Center/ Ask 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