

***Welcome!***

***An additional note to Newcomers.....***

***Welcome! In an effort to make our Barix Clinics Support Group meetings the best they can be, please review the Support Group participation agreement and following guidelines;***

- ***Please try to keep your comments directly aimed at the central idea of the meeting's topic.***
- ***Please refrain from cross talking.***
- ***If someone's comment brings to mind personal problems, please make a mental note of them, and share them on a one-to-one basis after the meeting or with one of the leaders.***
- ***Experience teaches us that meetings are not the place for:***
  - ✓ ***Sharing nitty-gritty details that can leave everyone feeling depressed or uncomfortable.***
  - ✓ ***Bringing in outside interests that detract from the groups' primary focus & purpose.***
  - ✓ ***Criticizing your surgeon, primary care physician, or healthcare worker.***

***In order to maintain some semblance of order, we ask that you;***

- ***Please refrain from using your time to say what you are able to "get away with" food wise. This defeats the primary goal of surgery and is not conducive to the group's efforts to focus on getting well.***
- ***Please avoid side conversations in the meeting. They are a distraction and disrespectful to the individual who has the floor.***
- ***Please turn off cell phones, or place on vibrate.***
- ***Please use the time before and after the meeting to socialize, ask individual questions. Please do not preach, and try not to give out too much direct advice.***

***Disclaimer: Our meetings are focused to provide an opportunity for members to look closely at their own behaviors and attitudes that impact weight loss maintenance, and discuss personal weight loss goals. We are not professionals, we are a peer support group. The information we share here is for support and encouragement. We are not here to replace a physician or health care provider. Please consult with your primary care doctor or Barix Clinics for any health concerns you may have.***