



*Please Don't Weigh Me*

**I'M IN RECOVERY.**

*Please talk with me first if you really, really need it.*

# Why?



- I'm trying to avoid weight stigma and receive the best care possible.
- Research shows that weight stigma leads to poor mental & physical health outcomes.
- Taking my weight is *triggering*.
- I make healthy and informed decisions despite what you think about my weight.

*Please contact my treatment team if you have any questions.*