

NICHOLSON CLINIC PATIENTS ,

GRAB YOUR SHOES AND RUN OR WALK WITH ZOHAR WOLF

Nicholson Clinic Patient Mentor, (972) 249-5373

RSVP to zohar.z.wolf@gmail.com or on the Nicholson Clinic Facebook Support Group Page

EVERY SUNDAY AT 8:15AM

ARBOR HILLS NATURE PRESERVE - MAIN PAVILION

6701 W. Parker Road, Plano, Texas 75093

99% OF FITNESS IS SHOWING UP!

NICHOLSON CLINIC PATIENTS MAY CHOOSE BETWEEN 2 GROUPS:

Active group for runners, who will jog from 8:30 to 9:30AM at either own or group pace, whichever is preferred.

Wellness group for walkers, we will walk from 8:30 to 9:30AM and chat about various health topics including other fitness activities, recipes, wellness resources, etc.

Both groups will end at the Main Pavilion at 9:30AM for closing group motivational.



In case of inclement weather, we meet same time at the food court of the nearby Willow Bend mall; only Wellness group will be hosted.

NICHOLSON CLINIC
For Weight Loss Surgery

