

PRE-OP CLASS WITH CANDACE

OCTOBER 2 @ 4:00PM

OCTOBER 16 @ 4:00PM

Nicholson Clinic Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75075

RSVP: candace@nicholsonclinic.com

BAYLOR PRE-OP NUTRITION

OCTOBER 11 @ 12:00PM

OCTOBER 25 @ 12:00PM

Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd
Plano, Texas 75093

Register: 469-814-4483

**BAYLOR SUPPORT GROUP
WITH DR. ASHMORE**

OCTOBER 11 @ 6:00PM

Friends and family welcome!

4700 Alliance Blvd
Plano, Texas 75093
Garden (Lower) Level Education Center

Please see signs at elevators directing
you to the meeting room.

**PATIENT-TO-PATIENT
SUPPORT GROUP**

OCTOBER 26 @ 6:30PM

Nicholson Clinic Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75075

Led by Sherri Creech, MA
Nicholson Clinic Patient Care Advocate

RSVP: patientsupport@nicholsonclinic.com

POST-OP CLASS WITH CANDACE

STAGE 1: DAYS 1-21

OCTOBER 9 @ 4:00PM

OCTOBER 23 @ 4:00PM

STAGE 2: DAYS 22-42

OCTOBER 5 @ 4:00PM

Nicholson Clinic Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75025

RSVP: candace@nicholsonclinic.com

BAYLOR POST-OP NUTRITION

OCTOBER 18 @ 12:00PM

Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd
Plano, Texas 75093

Register: 469-814-4483

PSYMED POST-OP NUTRITION

OCTOBER 19 @ 6:30PM

Nicholson Clinic Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75075

RSVP: renell@psymedhealth.com

FITNESS WALK

SATURDAY, OCTOBER 7 @ 9:00AM

SATURDAY, OCTOBER 21 @ 9:00AM

Arbor Hills Nature Preserve.
*Check Nicholson Clinic Facebook Support Group
Page for inclement weather changes.*

Led by Marilyn Nichols Hoyt,
CPT, N.A.S.M, C.E.C
Nicholson Clinic Bariatric Fitness Expert

RSVP: rock.fitness2010@gmail.com