

HOW TO
SURVIVE THE HOLIDAYS

THANKSGIVING TASTING & TIPS

NOVEMBER 9 @ 5:30PM

NICHOLSON CLINIC BUSINESS OFFICE
5000 LEGACY DRIVE, SUITE 200 · PLANO, TX 75024

RSVP: candace@nicholsonclinic.com

Space is limited!

PRE-OP CLASS WITH CANDACE*

NOVEMBER 6 @ 4:00PM

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

RSVP: candace@nicholsonclinic.com

BAYLOR PRE-OP NUTRITION

NOVEMBER 8 @ 12:00PM

NOVEMBER 22 @ 12:00PM

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

Register: **469-814-4483**

**BAYLOR SUPPORT GROUP
WITH DR. ASHMORE**

NOVEMBER 8 @ 6:00PM

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**

NOVEMBER 30 @ 6:30PM

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

RSVP: patientsupport@nicholsonclinic.com

Led by Candace B. Peppers, MA
Nicholson Clinic Patient Educator

POST-OP CLASS WITH CANDACE*

STAGE 1: DAYS 1-21

NOVEMBER 13 @ 4:00PM

STAGE 2: DAYS 22-42

NOVEMBER 27 @ 4:00PM

MAINTENANCE: DAYS 42 & BEYOND

NOVEMBER 30 @ 4:00PM

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

RSVP: candace@nicholsonclinic.com

BAYLOR POST-OP NUTRITION

NOVEMBER 15 @ 12:00PM

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

Register: **469-814-4483**

PSYMED POST-OP NUTRITION

NOVEMBER 16 @ 6:30PM

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

RSVP: renell@psymedhealth.com

FITNESS WALK

SATURDAY, NOVEMBER 4 @ 9:00AM

SATURDAY, NOVEMBER 18 @ 9:00AM

Arbor Hills Nature Preserve

Check Nicholson Clinic Facebook Support Group
Page for inclement weather changes.

RSVP: rock.fitness2010@gmail.com

Led by Marilyn Nichols Hoyt,
CPT, N.A.S.M, C.E.C

Nicholson Clinic Bariatric Fitness Expert

**Must be at least 5 attendees signed up
or class will be cancelled.*