

**PRE-OP CLASS WITH CANDACE\***  
**DECEMBER 4 @ 4:00PM**

Nicholson Clinic Coit Office  
1708 Coit Rd, Suite 150  
Plano, Texas 75075  
**RSVP: candace@nicholsonclinic.com**

**BAYLOR PRE-OP NUTRITION**  
**DECEMBER 13 @ 12:00PM**  
**DECEMBER 27 @ 12:00PM**

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd  
Plano, Texas 75093  
**Register: 469-814-4483**

**BAYLOR SUPPORT GROUP  
WITH DR. ASHMORE**  
**DECEMBER CLASS HAS BEEN CANCELED**

*Our December Support Group has been canceled due to scheduling conflicts.*

*Please join us in January at our new location in the Baylor Plano Wellness Center. Details to follow.*

**FITNESS GROUP**  
**DECEMBER 2 @ 9:00AM**  
**DECEMBER 16 @ 9:00AM**

Nicholson Clinic Independence Medical Village  
1st Floor Conference Room  
8080 Independence Parkway  
Plano, Texas 75025  
**RSVP: rock.fitness2010@gmail.com**

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

**POST-OP CLASS WITH CANDACE\***

**STAGE 1: DAYS 1-21**  
**DECEMBER 11 @ 4:00PM**

**STAGE 2: DAYS 22-42**  
**DECEMBER 18 @ 4:00PM**

**MAINTENANCE: DAYS 42 & BEYOND**  
**DECEMBER 28 @ 4:00PM**

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**BAYLOR POST-OP NUTRITION**  
**DECEMBER 20 @ 12:00PM**

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd  
Plano, Texas 75093  
**Register: 469-814-4483**

**PSYMED POST-OP NUTRITION  
CLASS AND PATIENT-TO-PATIENT  
SUPPORT GROUP**

Please Join Us For A Healthy Holiday Pot-Luck!  
Please bring a healthy dish and recipe to share.

**DECEMBER 21 @ 6:30PM**

Nicholson Clinic Independence Medical Village  
1st Floor Conference Room  
8080 Independence Parkway  
Plano, Texas 75025  
**RSVP: renell@psymedhealth.com**

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