

NICHOLSON CLINIC PRE-OP AND POST-OP CLASSES

Candace's Pre-Op and Post-Op classes are now online!
You can find them on our website under
WEIGHT LOSS SUPPORT - CLASS WITH CANDACE

FACEBOOK LIVE WITH CANDACE: MAINTENANCE Q&A

January 25 @ 12:00PM
Nicholson Clinic Facebook Support Group
(Closed group for Nicholson Clinic patients only. Please join if you are not yet a member!)

BAYLOR PRE-OP NUTRITION

JANUARY 10 @ 12:00PM
JANUARY 24 @ 12:00PM

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

BAYLOR POST-OP NUTRITION

JANUARY 17 @ 12:00PM

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

**BAYLOR SUPPORT GROUP
WITH DR. ASHMORE**
JANUARY 10 @ 6:00PM

Baylor Plano Health & Wellness Center
4708 Alliance Blvd.
Medical Pavilion 1, Suite 400
(Directly across from the hospital)

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

**PSYMED
POST-OP NUTRITION**
JANUARY 18 @ 6:00PM



Nicholson Clinic - Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75025
RSVP: renell@psymedhealth.com

**PATIENT-TO-PATIENT
SUPPORT GROUP**
JANUARY 25 @ 6:30PM

Nicholson Clinic - Coit Office
1708 Coit Rd, Suite 150
Plano, Texas 75025
RSVP: patientsupport@nicholsonclinic.com

FITNESS GROUP
JANUARY 6 @ 9:00AM
JANUARY 20 @ 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