

**FACEBOOK LIVE@LUNCH
WITH DR. JULIE KILGORE
FEBRUARY 6 @ 12:00PM**

Learn about how your weight effects heart health.
Nicholson Clinic Facebook Page

**FACEBOOK LIVE WITH CANDACE:
PRE-OP/POST-OP Q&A
FEBRUARY 15 @ 12:00PM**

**FACEBOOK LIVE WITH CANDACE:
MAINTENANCE Q&A
FEBRUARY 22 @ 12:00PM**

Nicholson Clinic Facebook Support Group
(Closed group for Nicholson Clinic patients
only. Please join if you are not yet a member!)

FITNESS GROUP

**FEBRUARY 3 @ 9:00AM
FEBRUARY 17 @ 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

Visit facebook.com/nicholsonclinictx
for your chance to win \$50!



**NICHOLSON CLINIC
PRE-OP & 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

**BAYLOR PRE-OP NUTRITION
FEBRUARY 14 @ 12:00PM
FEBRUARY 28 @ 12:00PM**

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

**BAYLOR POST-OP NUTRITION
FEBRUARY 21 @ 12:00PM**

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

**PSYMED NUTRITION
SUPPORT GROUP
FEBRUARY 15 @ 6:00PM**

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

**PATIENT-TO-PATIENT
SUPPORT GROUP
FEBRUARY 22 @ 6:30PM**

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