PATIENT-TO-PATIENT VIRTUAL SUPPORT GROUP
TUESDAY, JUNE 25 @ 6:30-7:30PM
Watch live as Candace presents healthy 4th of July picnic ideas that are sure to please a crowd.
Nicholson Clinic Facebook Support Group Page

FACEBOOK LIVE@LUNCH WITH ADAM BROWN, PA-C
TUESDAY, JUNE 11 @ NOON
Join Adam Brown, Physician Assistant, and Candace Peppers, Medical Assistant and Patient Educator, as they address the most common post-op questions. Whether you’ve had weight loss surgery already, or are just starting to think about it, this information will be key.
Nicholson Clinic Facebook Page

BAYLOR PRE-OP NUTRITION
WEDNESDAY, JUNE 12 @ NOON
WEDNESDAY, JUNE 26 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

BAYLOR POST-OP NUTRITION
WEDNESDAY, JUNE 19 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

YOGA CLASS WITH JAIMEE
TUESDAY, JUNE 4 @ 6:30-7:30PM
Space is limited to the first 15 people
Nicholson Clinic - Independence
1st Floor Conference Room
8080 Independence Parkway
Plano, Texas 75025
Led by Jaimee Hunter, Nicholson Clinic Patient and Certified Yoga Instructor
RSVP: info@YogaWithJaimee.com

FITNESS CLASS WITH MARILYN
SATURDAY, JUNE 15 @ 9:00-10:00AM
Space is limited to the first 15 people
Nicholson Clinic - Independence
1st Floor Conference Room
8080 Independence Parkway
Plano, Texas 75025
Led by Marilyn Nichols Hoyt, CPT, N.A.S.M., Nicholson Clinic Bariatric Fitness Expert
RSVP: rock.fitness2010@gmail.com

NICHOLSON CLINIC PRE-OP, POST-OP & MAINTENANCE CLASSES
Now online! Find them on our website under WEIGHT LOSS SUPPORT/CLASS WITH CANDACE

*Details and locations can be found on Facebook or nicholsonclinic.com/non-surgical-weight-loss
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**June 2019 Support Group Calendar**

- **Yoga with Jaimee**
  - 6:30-7:30 PM
  - Independence

- **Fitness Class with Marilyn**
  - 9:00-10:00 AM
  - Independence

- **Patient-To-Patient Virtual Support Group with Candace**
  - 6:30-7:30 PM
  - Facebook Support

*Details and locations can be found on Facebook or nicholsonclinic.com/non-surgical-weight-loss*