Choose health. Choose you.

Be grateful.

You deserve to be healthy.

You can overcome challenges.

Find a buddy for a walk.

Eat healthy.

Attend the virtual Baylor Pre-Op Nutrition class at noon.

Progress over perfection.

You can do hard things.

Nothing will defeat you.

Radiate joy from the inside out.

Schedule your follow up appointments.

Commit to a healthy lifestyle.

Believe you can and you will.

Believe in your strength and capabilities.

You can do hard things.

Nothing will defeat you.

Believe you can and you will.

Yes you can!

Be grateful.

Take your recommended vitamins.

You can overcome challenges.

You deserve to be healthy.

Get support from your peers, visit Nicholson Clinic Support Group on Facebook.

Get in your protein.

The best is yet to come.

Be proud of your progress.

Take time for you today.

Commit to a healthy lifestyle.

MERRY CHRISTMAS & HAPPY NEW YEAR!