FACEBOOK LIVE@LUNCH WITH CANDACE
TUESDAY, JULY 9 @ NOON
Join Candace Peppers, Medical Assistant and Patient Educator, discussing all the comprehensive support the Nicholson Clinic offers, leading up to surgery, after surgery, and for life.
Nicholson Clinic Facebook Page

BAYLOR PRE-OP NUTRITION
WEDNESDAY, JULY 10 @ NOON
WEDNESDAY, JULY 24 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

BAYLOR SUPPORT GROUP
WEDNESDAY, JULY 10
5:30PM Group Mixer
6:00PM Dr. Ashmore
Baylor Scott & White at Plano
Health & Wellness Center
4708 Alliance Blvd
Pavilion 1, Suite 400
Plano, Texas 75093
Led by Dr. Jay Ashmore,
Clinical Director of the Baylor Plano Behavioral Health Center

BAYLOR POST-OP NUTRITION
WEDNESDAY, JULY 17 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

PATIENT-TO-PATIENT VIRTUAL SUPPORT GROUP
TUESDAY, JULY 23 @ 6:30PM
Virtual P2P Group with Candace on healthy summer snacking and how to stay on track during vacation.
Nicholson Clinic Facebook Support Group Page

YOGA CLASS WITH JAIMEE
TUESDAY, JULY 9 @ 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

GET FIT WITH ROCK FITNESS
SATURDAY, JULY 20 @ 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

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

@NicholsonClinicTX  @NicholsonClinic  @NicholsonClinic
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