FACEBOOK LIVE@LUNCH WITH DR. LONG & MIKE, NICHOLSON CLINIC PATIENT FRIDAY, NOV. 8 @ NOON
Join Dr. Long and Mike, Nicholson Clinic patient, as he shares his weight loss story and how he lost 125 lbs. since his initial consult last November. What a difference a year makes!
Nicholson Clinic Facebook Page

PATIENT-TO-PATIENT SUPPORT GROUP TUESDAY, NOV. 19 @ 5:30-6:30PM
Join Candace Peppers, Nicholson Clinic MA and Patient Educator, for a special event: Thanksgiving Tasting & Tips.
Please RSVP by Tuesday, November 12th to Candace@Nicholsonclinic.com. Must have 10 people RSVP a week in advance to host event in person.
Nicholson Clinic - Legacy Office Kitchen

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

BAYLOR PRE-OP NUTRITION WEDNESDAY, NOV. 13 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

BAYLOR POST-OP NUTRITION WEDNESDAY, NOV. 20 @ NOON
Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093
Register: 469-814-4483

JOIN US FOR OUR LAST YOGA CLASS WITH JAIMEE TUESDAY, NOV. 12 @ 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, NOV. 16 @ 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 https://www.nicholsonclinic.com/weight-loss-support
@NicholsonClinicTX @NicholsonClinic @NicholsonClinic
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**GET FIT WITH ROCK FITNESS**

9:00 - 10:00AM

INDEPENDENCE

*Details and locations can be found on Facebook or https://www.nicholsonclinic.com/weight-loss-support*