

APRIL 2019

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

FACEBOOK LIVE@LUNCH WITH CANDACE

TUESDAY, APRIL 2 @ NOON

Send us any pre-op, post-op or maintenance questions to Social@NicholsonClinic.com prior to April 2 and Candace Peppers, MA will provide answers.

Nicholson Clinic Facebook Support Group Page

PATIENT-TO-PATIENT SUPPORT GROUP

TUESDAY, APRIL 16 @ 5:30-6:30PM

Join us for an intro to the P5 Journey, led by John Pruna, CEO and founder. We will cover both physical rehab and functional rehab. The session will start with deep stretches patients can do at home to get out of pain and decrease body fat, and end with a quick stage appropriate workout.

P5 Performance
8861 Coleman Blvd.
Frisco, Texas 75034

For more information and to RSVP, please email PatientSupport@NicholsonClinic.com

FACEBOOK LIVE@LUNCH WITH DR. ROSHEK

TUESDAY, APRIL 30 @ NOON

Join us as Dr. Roshek discusses hernia as a potential risk after breast cancer removal and reconstruction, and how we can help.

Nicholson Clinic Facebook Page

BAYLOR SUPPORT GROUP WITH DR. ASHMORE

WEDNESDAY, APRIL 10 @ 5:30PM

Baylor Scott & White at Plano
Health & Wellness Center
4708 Alliance Blvd.
Pavilion 1, Suite 400
Plano, Texas 75093

BAYLOR PRE-OP NUTRITION

WEDNESDAY, APRIL 10 @ NOON

WEDNESDAY, APRIL 24 @ NOON

Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093

Register: 469-814-4483

BAYLOR POST-OP NUTRITION

WEDNESDAY, APRIL 17 @ NOON

Baylor Plano - 5th Floor Conference Room
4700 Alliance Blvd., Plano, Texas 75093

Register: 469-814-4483

NICHOLSON CLINIC PRE-OP & POST-OP CLASSES

Now online! Find them on our website under
WEIGHT LOSS SUPPORT/CLASS WITH CANDACE

YOGA CLASS WITH JAIMEE

TUESDAY, APRIL 2 @ 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, APRIL 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

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 LIVE W/CANDACE NOON FACEBOOK SUPPORT YOGA W/JAIMEE 6:30-7:30PM INDEPENDENCE	3	4	5	6
7	8	9	10 BAYLOR SUPPORT GROUP NOON - BAYLOR PLANO BAYLOR PRE-OP NUTRITION NOON - BAYLOR PLANO	11	12	13
14	15	16 PATIENT-TO-PATIENT SUPPORT GROUP 5:30 - 6:30PM P5 - PLANO	17 BAYLOR POST-OP NUTRITION NOON BAYLOR PLANO	18	19	20 FITNESS CLASS WITH MARILYN 9:00-10:00AM INDEPENDENCE
21	22	23	24 BAYLOR PRE-OP NUTRITION NOON BAYLOR PLANO	25	26	27
28	29	30 LIVE@LUNCH W/DR. ROSHEK NOON FACEBOOK				

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