

# MAY 2019

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

### **PATIENT-TO-PATIENT VIRTUAL SUPPORT GROUP WITH CANDACE**

TUESDAY, MAY 21 @ 6:30-7:30PM

This month our Patient-to-Patient support group will move to a virtual format with live video so you can join in from anywhere. You'll have the opportunity to interact with each other and ask questions, or feel free to email Candace ahead of time with anything specific you want to address at [Candace@NicholsonClinic.com](mailto:Candace@NicholsonClinic.com). Family members are welcome to watch along with you!

**Nicholson Clinic Facebook Support Group Page**

### **FACEBOOK LIVE@LUNCH WITH DR. NICK**

TUESDAY, MAY 28 @ NOON

Dr. Nick will be live talking about preventative weight gain and ending the stigma for seeking weight loss help.

**Nicholson Clinic Facebook Page**

### **BAYLOR PRE-OP NUTRITION**

WEDNESDAY, MAY 8 @ NOON  
WEDNESDAY, MAY 22 @ NOON

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

**Register: 469-814-4483**

### **BAYLOR POST-OP NUTRITION**

WEDNESDAY, MAY 15 @ NOON

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

**Register: 469-814-4483**

### **NICHOLSON CLINIC PRE-OP, POST-OP & MAINTENANCE CLASSES**

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

### **YOGA CLASS WITH JAIMEE**

TUESDAY, MAY 7 @ 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](mailto:info@YogaWithJaimee.com)**

### **FITNESS CLASS WITH MARILYN**

SATURDAY, MAY 18 @ 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](mailto:rock.fitness2010@gmail.com)**



\*Details and locations can be found on Facebook or [nicholsonclinic.com/non-surgical-weight-loss](http://nicholsonclinic.com/non-surgical-weight-loss)

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 <b>YOGA W/JAIMEE</b> 6:30-7:30PM INDEPENDENCE	8 <b>BAYLOR PRE-OP NUTRITION</b> NOON BAYLOR PLANO	9	10	11
12	13	14	15 <b>BAYLOR POST-OP NUTRITION</b> NOON BAYLOR PLANO	16	17	18 <b>FITNESS CLASS WITH MARILYN</b> 9:00-10:00AM INDEPENDENCE
19	20	21 <b>PATIENT-TO-PATIENT VIRTUAL SUPPORT GROUP W/CANDACE</b> 6:30 - 7:30PM FACEBOOK SUPPORT	22 <b>BAYLOR PRE-OP NUTRITION</b> NOON BAYLOR PLANO	23	24	25
26	27	28 <b>LIVE@LUNCH W/DR. NICK</b> NOON FACEBOOK	29	30	31	

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