

JUNE 2019

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

PATIENT-TO-PATIENT VIRTUAL SUPPORT GROUP

TUESDAY, JUNE 25 @ 6:30-7:30PM

Watch live as Candace presents healthy 4th of July picnic ideas that are sure to please a crowd.

Nicholson Clinic Facebook Support Group Page

FACEBOOK LIVE@LUNCH WITH ADAM BROWN, PA-C

TUESDAY, JUNE 11 @ NOON

Join Adam Brown, Physician Assistant, and Candace Peppers, Medical Assistant and Patient Educator, as they address the most common post-op questions. Whether you've had weight loss surgery already, or are just starting to think about it, this information will be key.

Nicholson Clinic Facebook Page

BAYLOR PRE-OP NUTRITION

WEDNESDAY, JUNE 12 @ NOON

WEDNESDAY, JUNE 26 @ NOON

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

Register: 469-814-4483

BAYLOR POST-OP NUTRITION

WEDNESDAY, JUNE 19 @ 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, JUNE 4 @ 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, JUNE 15 @ 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

JUNE 2019

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

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

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

