

SEPTEMBER 2019

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

FACEBOOK LIVE@LUNCH WITH JAIMEE

THURSDAY, SEPT. 5 @ NOON

Join Jaimee Hunter, Nicholson Clinic patient and Certified Yoga Instructor as she shares her weight loss journey. She'll talk about life before and after gastric sleeve, and why she decided to become a yoga instructor and teacher for the Nicholson Clinic.

Nicholson Clinic Facebook Page

PATIENT-TO-PATIENT SUPPORT GROUP

TUESDAY, SEPT. 17 @ 5:30-6:30PM

It's back to school time! Join Candace Peppers, Nicholson Clinic MA and Patient Educator, for an in-person patient-to-patient support group where she'll demo some easy healthy lunches for you and the kids, and offer tips and suggestions for healthy lunch prep. Must have at least 5 people to hold group. Please RSVP to Candace at Candace@NicholsonClinic.com.

Nicholson Clinic Business Office
5000 Legacy Drive, Suite 200
Plano, Texas 75024

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, SEPT. 11
WEDNESDAY, SEPT. 25
@ NOON

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

Register: 469-814-4483

BAYLOR POST-OP NUTRITION

WEDNESDAY, SEPT. 18 @ NOON

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

Register: 469-814-4483

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



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YOGA CLASS WITH JAIMEE

TUESDAY, SEPT. 10
@ 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, SEPT. 21
@ 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

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

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