

SEPTEMBER 2020

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

VIRTUAL
ZUMBA CLASS WITH CRYSTAL

SATURDAY, SEPTEMBER 5 & 19
@ 9:00-9:30AM

This class is free with the ability to donate! Please let Crystal know if you are coming or feel free to join last minute without an RSVP. If you have questions for Crystal you can reach her at criswoodruff@gmail.com or in the Facebook Support Group.

Visit [Nicholson Clinic Facebook Page](#) for event link and details.

VIRTUAL
PATIENT-TO-PATIENT SUPPORT GROUP

TUESDAY, SEPTEMBER 8
@ 6:30-7:30PM

Join Candace Peppers, Nicholson Clinic MA and Patient Educator, for a virtual patient-to-patient support group. If you have a specific question or topic you would like Candace to cover, please email her in advance at Candace@NicholsonClinic.com.

Visit [Nicholson Clinic Facebook Support Group Page](#) for event link and details.

VIRTUAL
BAYLOR PRE-OP NUTRITION
WEDNESDAY, SEPTEMBER 9 & 23
@ NOON

Visit [Nicholson Clinic Facebook Page](#) for event link and more information.

VIRTUAL
BAYLOR POST-OP NUTRITION
WEDNESDAY, SEPTEMBER 16
@ NOON

Visit [Nicholson Clinic Facebook Page](#) for event link and more information.

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



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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 VIRTUAL ZUMBA CLASS WITH CRYSTAL 9:00-9:30AM
6	7 LABOR DAY	8 VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP 6:30-7:30PM FACEBOOK SUPPORT	9 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	10	11	12
13	14	15	16 VIRTUAL BAYLOR POST-OP NUTRITION NOON	17	18	19 VIRTUAL ZUMBA CLASS WITH CRYSTAL 9:00-9:30AM
20	21	22	23 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	24	25	26
27	28	29	30			

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