

JANUARY 2021

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

FACEBOOK LIVE@LUNCH WITH CANDACE & PATIENTS MICHAEL & DEBORAH

TUESDAY, JANUARY 12 @ NOON

Join Candace and patients, Michael & Deborah, as they share their weight loss journey of how they lost over 250 pounds combined. Find out why they decided to have weight loss surgery, what the process was like, and what life is like now.

Visit [Nicholson Clinic Facebook Page](#)

VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP

TUESDAY, JANUARY 12 @ 6:30-7:30PM

Join Candace Peppers, Nicholson Clinic MA and Patient Educator, for a virtual patient-to-patient support group. We'll start off with guest patients, Michael and Deborah, as they talk about the Fitness Journey Challenge – what it is, why they started it and how you can join. Then Candace will answer any patient questions as needed. 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.

FITNESS JOURNEY CHALLENGE

JANUARY'S ENROLLMENT WILL CLOSE ON 1/5, THEN FEBRUARY'S ENROLLMENT WILL OPEN.

Hosted by Michael & Deborah Tew, Nicholson Clinic Patient Fitness Ambassadors. Your choice of any 20 minute workout from anywhere at any time. The cost is \$10, that money becomes the jackpot and 100% of the money is given away at the end of the month!

Visit [Nicholson Clinic Facebook Support Group Page](#) for event link and details or email Michael at editguy29@gmail.com.

VIRTUAL ZUMBA CLASS WITH CRYSTAL

FRIDAY, JANUARY 15 & 29
@ 6:00PM

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 cryswoodruff@gmail.com or in the Facebook Support Group.

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

VIRTUAL BAYLOR PRE-OP NUTRITION

WEDNESDAY, JANUARY 13 & 27 @ NOON

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

VIRTUAL BAYLOR POST-OP NUTRITION

WEDNESDAY, JANUARY 20 @ 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 <i>Happy New Year</i> OFFICE & CLINICS WILL BE CLOSED	2
3	4	5 FITNESS JOURNEY CHALLENGE ENROLLEMENT ENDS FACEBOOK SUPPORT	6	7	8	9
10	11	12 LIVE@LUNCH NOON FACEBOOK VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP 6:30-7:30PM FACEBOOK SUPPORT	13 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	14	15 ZUMBA WITH CRYSTAL 6:00PM	16
17	18	19	20 VIRTUAL BAYLOR POST-OP NUTRITION NOON	21	22	23
24 31	25	26	27 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	28	29 ZUMBA WITH CRYSTAL 6:00PM	30

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