

FEBRUARY 2021

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP

TUESDAY, FEBRUARY 9 @ 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.

FITNESS JOURNEY CHALLENGE

FEBRUARY'S ENROLLMENT WILL CLOSE ON 2/5, THEN MARCH ENROLLMENT WILL OPEN 2/20.

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.

LUNCH WITH CANDACE

TUESDAY, FEBRUARY 23 @ NOON

Each month, Candace Peppers, Nicholson Clinic MA and Patient Educator, will cover a specific topic for our weight loss surgery patients.

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

VIRTUAL ZUMBA CLASS WITH CRYSTAL

THURSDAY, FEBRUARY 4 & 18 @ 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 POST-OP NUTRITION

WEDNESDAY, FEBRUARY 17

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

VIRTUAL BAYLOR PRE-OP NUTRITION

WEDNESDAY, FEBRUARY 10 & 24

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 ZUMBA WITH CRYSTAL 6:00PM	5 FEBRUARY FITNESS JOURNEY CHALLENGE ENROLLMENT CLOSES FACEBOOK SUPPORT	6
7	8	9 VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP 6:30-7:30PM FACEBOOK SUPPORT	10 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	11	12	13
14	15	16	17 VIRTUAL BAYLOR POST-OP NUTRITION NOON	18 ZUMBA WITH CRYSTAL 6:00PM	19	20 MARCH FITNESS JOURNEY CHALLENGE ENROLLMENT OPENS FACEBOOK SUPPORT
21	22	23 LUNCH WITH CANDACE NOON FACEBOOK SUPPORT	24 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	25	26	27
28						

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