

# FEBRUARY 2♥23

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

### **NEW OFFERING! VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP**

SATURDAY, FEBRUARY 11 @ 9:00AM

Join Michael Tew, Pn2, patient since 2019, Nicholson Clinic Fitness Ambassador, Certified Master Coach and Founder of Better Way Wellness for a monthly support group geared towards patients who are 1+ year post-op. This month's topic: "Finding Your Why".

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

### **VIRTUAL PATIENT SUPPORT GROUP TUESDAY, FEBRUARY 14 @ NOON**

Join Erika Avila and Cristina Edge, Nicholson Clinic MAs and Patient Educators this Valentine's Day for a virtual patient-to-patient support group on the importance of self-care, loving yourself and placing yourself first.

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

### **GRUPO DE APOYO AL PACIENTE VIRTUAL MARTES, FEBRERO 21 AL MEDIODÍA**

Unirse a Erika Avila y Cristina Edge, Nicholson Clinic MAs y educadores de pacientes para un San Valentín grupo virtual temático de apoyo de paciente a paciente en la importancia del autocuidado, amarse a uno mismo y poniéndote primero.

Visite el grupo de soporte de Facebook de Nicholson Clinic para obtener información sobre el enlace y los detalles del evento.

### **FITNESS JOURNEY CHALLENGE**

Hosted by Michael & Deborah Tew  
*Nicholson Clinic Patient Fitness Ambassadors*

The "Fitness Journey Challenge" is a Facebook group dedicated to helping ordinary people become more consistent in their fitness. For a little extra motivation, pay \$10 to join each month, and if you meet that month's challenge, you'll receive a payout from the pot!

Details at [fitnessjourneychallenge.com](https://fitnessjourneychallenge.com).

Questions? Email Michael at [michael@fitnessjourneychallenge.com](mailto:michael@fitnessjourneychallenge.com).

### **VIRTUAL BAYLOR PRE-OP NUTRITION CLASS**

WEDNESDAY, FEBRUARY 8 & 22 AT NOON

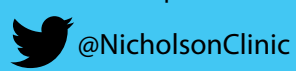
RSVP to [Marsha.Emery@BSWHealth.org](mailto:Marsha.Emery@BSWHealth.org) & she will send you the event link or visit [Nicholson Clinic Facebook](#) for event link and details.

### **VIRTUAL BAYLOR POST-OP NUTRITION CLASS**

WEDNESDAY, FEBRUARY 15 AT NOON

RSVP to [Marsha.Emery@BSWHealth.org](mailto:Marsha.Emery@BSWHealth.org) & she will send you the event link or visit [Nicholson Clinic Facebook](#) for event link and details.

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



# FEBRUARY 2023

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	9	10	11 VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP 9:00AM ZOOM
12	13	14 VIRTUAL PATIENT SUPPORT GROUP NOON FACEBOOK	15 VIRTUAL BAYLOR POST-OP NUTRITION NOON	16	17	18
19	20	21 GRUPO DE APOYO VIRTUAL PACIENTE DE HABLA HISPANA NOON FACEBOOK	22 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	23	24	25
26	27	28				

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

