

**FACEBOOK LIVE@LUNCH WITH  
DR. THOMAS ROSHEK &  
RENEE CRONK, RD**

**MARCH 9 @ 12:00PM**

Learn how you can get *Back on Track*.

**FACEBOOK LIVE@LUNCH  
WITH DR. BRIAN M. LONG**

**MARCH 22 @ 2:00PM**

Learn about the *ReShape™* Balloon Procedure.

Nicholson Clinic Facebook Page

**FACEBOOK LIVE WITH CANDACE:  
PRE-OP/POST-OP Q&A**

**MARCH 13 @ 12:00PM**

**FACEBOOK LIVE WITH CANDACE:  
MAINTENANCE Q&A**

**MARCH 20 @ 12:00PM**

Nicholson Clinic Facebook Support Group  
(Closed group for Nicholson Clinic patients  
only. Please join if you are not yet a member!)

**NICHOLSON CLINIC  
PRE-OP & POST-OP CLASSES**

Now online! Find them on our website  
under WEIGHT LOSS SUPPORT – CLASS  
WITH CANDACE

**PATIENT-TO-PATIENT SUPPORT GROUP**

*Please join us for a healthy  
Easter Brunch cooking demonstration!*

**MARCH 26 @ 5:30PM**

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

Space limited to the first 30 people.  
**RSVP: [candace@nicholsonclinic.com](mailto:candace@nicholsonclinic.com)**

**BAYLOR PRE-OP NUTRITION**

**MARCH 14 @ 12:00PM**

**MARCH 28 @ 12:00PM**

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd  
Plano, Texas 75093  
**Register: 469-814-4483**

**BAYLOR POST-OP NUTRITION**

**MARCH 21 @ 12:00PM**

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd  
Plano, Texas 75093  
**Register: 469-814-4483**

**FITNESS GROUP**

**MARCH 3 @ 9:00AM**

**MARCH 10 @ 9:00AM**

Oak Point Park & Nature Preserve  
Meet at the pavillion at 5901 Los Rios Blvd.  
**RSVP: [rock.fitness2010@gmail.com](mailto:rock.fitness2010@gmail.com)**

**Led by Marilyn Nichols Hoyt,**  
**CPT, N.A.S.M., C.E.C**  
*Nicholson Clinic Bariatric Fitness Expert*

**NEW! YOGA CLASS**

**MARCH 13 @ 6:30PM**

Nicholson Clinic - Independence  
1st Floor Conference Room  
8080 Independence Parkway  
Plano, Texas 75025  
**RSVP: [info@YogaWithJaimee.com](mailto:info@YogaWithJaimee.com)**

**Led by Jaimee Hunter,**  
**Nicholson Clinic Patient**  
**and Certified Yoga Instructor**

# MARCH 2018

## Support Calendar

| SUN | MON   | TUE   | WED  | THU  | FRI  | SAT   |
|-----|---|---|--|--|--|---|
|     |   |   |  | 1  | 2  | 3<br><b>FITNESS GROUP</b><br>9AM<br>OAK POINT PARK  |
| 4   | 5   | 6   | 7  | 8  | 9<br><b>LIVE@LUNCH</b><br>W/ DR. ROSHEK<br>12PM<br>FACEBOOK PAGE | 10<br><b>FITNESS GROUP</b><br>9AM<br>OAK POINT PARK |
| 11  | 12  | 13<br><b>PRE/POST-OP<br/>FB LIVE Q&amp;A</b><br>12PM<br>FACEBOOK GROUP<br><b>YOGA - 6:30PM</b><br>NC INDEPENDENCE | 14<br><b>PRE-OP NUTRITION</b><br>12PM<br>BAYLOR PLANO  | 15   | 16   | 17  |
| 18  | 19  | 20<br><b>MAINTENANCE<br/>FB LIVE Q&amp;A</b><br>12PM<br>FACEBOOK GROUP  | 21<br><b>POST-OP NUTRITION</b><br>12PM<br>BAYLOR PLANO | 22<br><b>LIVE@LUNCH</b><br>W/ DR. LONG<br>2PM<br>FACEBOOK PAGE | 23   | 24  |
| 25  | 26<br><b>P2P SUPPORT GROUP</b><br>5:30PM<br>NC LEGACY | 27  | 28<br><b>PRE-OP NUTRITION</b><br>12PM<br>BAYLOR PLANO  | 29   | 30   | 31  |

\*\*Details and locations can be found on Facebook or [nicholsonclinic.com/non-surgical-weight-loss](http://nicholsonclinic.com/non-surgical-weight-loss)