

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

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

**FACEBOOK LIVE@LUNCH  
Q&A WITH CANDACE  
JULY 10 @ 12:00PM**

Send us any pre-op, post-op or maintenance questions to: [Social@NicholsonClinic.com](mailto:Social@NicholsonClinic.com) prior to 7/10 and Candace Peppers, MA will provide answers.

[Nicholson Clinic Facebook Support Group Page](#)

**FACEBOOK LIVE@LUNCH  
WITH RENELL, PSYMED NUTRITION  
JULY 30 @ 12:00PM**

July is National Blueberry Month. Join Renell Cronk, RDN, LD to watch a live demonstration of her making a Blueberry Kale Smoothie and learn about the benefits of blueberries and protein drinks.

[Nicholson Clinic Facebook Page](#)

**PATIENT-TO-PATIENT SUPPORT GROUP  
JULY 24 @ 6:30PM**

Nicholson Clinic Independence Medical Village  
1st Floor Conference Room  
8080 Independence Parkway  
Plano, Texas 75025

Must have at least five (5) people to hold class. If you need to cancel please let Candace know at least 24 hours in advance.

**RSVP: [PatientSupport@NicholsonClinic.com](mailto:PatientSupport@NicholsonClinic.com)**

**BAYLOR SUPPORT GROUP  
WITH DR. ASHMORE  
JULY 11 @ 6:00PM**

Baylor Plano Health & Wellness Center  
4708 Alliance Blvd., Medial Pavilion 1, Suite 400  
(Directly across from the hospital)  
*Please see signs at elevators directing you to the meeting room.*

**BAYLOR PRE-OP NUTRITION  
JULY 11 @ 12:00PM  
JULY 25 @ 12:00PM**

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

**BAYLOR POST-OP NUTRITION  
JULY 18 @ 12:00PM**

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

**YOGA CLASS**

**JULY 10 @ 6:30PM**  
**Space is limited to the first 15 people.**

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*

**FITNESS GROUP  
JULY 21 @ 9:00AM**

Oak Point Park & Nature Preserve  
5901 Los Rios Blvd. - Meet at the pavillion  
**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*

# JULY 2018

## Support Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 <b>INDEPENDENCE DAY</b> NC OFFICES CLOSED	5	6	7
8	9	10 <b>LIVE Q&amp;A WITH CANDACE</b> 12PM   <b>FB GROUP</b> <b>YOGA WITH JAIMEE</b> 6:30PM <b>NC INDEPENDENCE</b>	11 <b>PRE-OP NUTRITION</b> 12PM BAYLOR PLANO <b>BAYLOR SUPPORT</b> 6:00PM BAYLOR PLANO HEALTH & WELLNESS	12	13	14
15	16	17	18 <b>POST-OP NUTRITION</b> 12PM BAYLOR PLANO	19	20	21 <b>FITNESS WALK WITH MARILYN</b> 9AM <b>OAK POINT PARK</b>
22	23	24 <b>P2P SUPPORT GROUP</b> 6:30PM NC INDEPENDENCE	25 <b>PRE-OP NUTRITION</b> 12PM BAYLOR PLANO	26	27	28
29	30 <b>PSYMED NUTRITION WITH RENELL FB LIVE</b> 12PM <b>FACEBOOK PAGE</b>					

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