

**FACEBOOK LIVE@LUNCH  
WITH DR. NICK NICHOLSON**  
APRIL 12 @ 12:00PM

Learn how to get started on your journey to weight loss; how to find out if you are a candidate, if insurance will cover your surgery, and what the process is like.

Nicholson Clinic Facebook Page

**FACEBOOK LIVE WITH CANDACE:  
PRE-OP/POST-OP Q&A**  
APRIL 10 @ 12:00PM

**FACEBOOK LIVE WITH CANDACE:  
MAINTENANCE Q&A**  
APRIL 17 @ 12:00PM

**FACEBOOK LIVE WITH RENELL:  
PSYMED NUTRITION**  
APRIL 30 @ 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**  
APRIL 23 @ 6:30PM

Walmart Supercenter  
425 Coit Road, Plano, Texas 75075

Meet in the back of the parking lot at 6:30PM  
for a grocery store tour and how to shop for  
healthy food.

**RSVP: [patientsupport@nicholsonclinic.com](mailto:patientsupport@nicholsonclinic.com)**

**BAYLOR PRE-OP NUTRITION**

APRIL 11 @ 12:00PM  
APRIL 25 @ 12:00PM

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

**BAYLOR POST-OP NUTRITION**

APRIL 18 @ 12:00PM

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

**BAYLOR SUPPORT GROUP**

APRIL 11 @ 5:30PM

Baylor Plano Health & Wellness Center  
4708 Alliance Blvd., Medical Pavilion 1, Suite 400  
*(Directly across from the hospital)*

*Please see signs at elevators directing you to the meeting room.*

**YOGA CLASS**

APRIL 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**

APRIL 7 @ 9:00AM  
APRIL 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*

# APRIL 2018

## Support Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 <b>FITNESS GROUP</b> 9AM OAK POINT PARK
8	9	10 <b>PRE/POST-OP FB LIVE Q&amp;A</b> 12PM   FB GROUP <b>YOGA</b> 6:30PM NC INDEPENDENCE	11 <b>PRE-OP NUTRITION</b> 12PM BAYLOR PLANO <b>BAYLOR SUPPORT</b> 5:30 PM BAYLOR PLANO HEALTH & WELLNESS	12 <b>FB LIVE@LUNCH</b> DR. NICK 12 PM   FB PAGE	13	14
15	16	17 <b>MAINTENANCE FB LIVE Q&amp;A</b> 12PM FACEBOOK GROUP	18 <b>POST-OP NUTRITION</b> 12PM BAYLOR PLANO	19	20	21 <b>FITNESS GROUP</b> 9AM OAK POINT PARK
22	23 <b>P2P SUPPORT GROUP</b> 6:30PM HEALTHY SHOPPING WALMART - 425 COIT	24	25 <b>PRE-OP NUTRITION</b> 12PM BAYLOR PLANO	26	27	28
29	30 <b>PSYMED NUTRITION WITH RENELL FB LIVE</b> 12PM FACEBOOK GROUP					

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