

# DECEMBER 2018

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

### **SPECIAL EVENT: FACEBOOK LIVE WITH CANDACE AND PATIENTS AT P5 PERFORMANCE**

DATE: TO BE DETERMINED

Curious about Cryotherapy? Join Candace Peppers, MA and Patient Educator, and a few of our patients as they try cryotherapy for the first time.

**Nicholson Clinic Facebook Support Group Page**

### **FACEBOOK LIVE@LUNCH Q&A WITH CANDACE**

WEDNESDAY, DECEMBER 12 @ 12:00PM

Send us any pre-op, post-op or maintenance questions to: [Social@nicholsonclinic.com](mailto:Social@nicholsonclinic.com) prior to 12/12 and Candace Peppers, MA will provide answers.

**Nicholson Clinic Facebook Support Group Page**

### **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**

TUESDAY, DECEMBER 18 @ 5:30-6:30PM

#### **Holiday Pot Luck**

Nicholson Clinic Business Office, Kitchen Area  
5000 Legacy Drive, Suite 200 Plano, TX 75024

Join Candace Peppers, MA for this month's Patient-to-Patient support group and bring a healthy dish to share. 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.

**For more information and to RSVP, please email [PatientSupport@NicholsonClinic.com](mailto:PatientSupport@NicholsonClinic.com)**

### **BAYLOR PRE-OP NUTRITION**

WEDNESDAY, DECEMBER 12 @ 12:00PM

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd.  
Plano, Texas 75093

**Register: 469-814-4483**

### **BAYLOR POST-OP NUTRITION**

WEDNESDAY, DECEMBER 19 @ 12:00PM

Baylor Plano - 5th Floor Conference Room  
4700 Alliance Blvd.  
Plano, Texas 75093

**Register: 469-814-4483**

### **YOGA CLASS**

TUESDAY, DECEMBER 4 @ 6:30PM

Space is limited to the first 15 people

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

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

**RSVP: [info@YogaWithJaimee.com](mailto:info@YogaWithJaimee.com)**

### **FITNESS EVENT: CIRCUIT TRAINING**

SATURDAY, DECEMBER 15 @ 9:00AM

Space is limited to the first 15 people

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

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

**RSVP: [rock.fitness2010@gmail.com](mailto:rock.fitness2010@gmail.com)**

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

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**NICHOLSON CLINIC**  
For Weight Loss Surgery

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <b>YOGA WITH JAIMEE</b> 6:30PM INDEPENDENCE	5	6	7	8
9	10	11	12 <b>LIVE@LUNCH Q&amp;A</b> 12PM - FACEBOOK SUPPORT <b>PRE-OP NUTRITION</b> 12PM - BAYLOR PLANO	13	14	15 <b>FITNESS WITH MARILYN</b> 9AM INDEPENDENCE
16	17	18 <b>SUPPORT GROUP</b> 5:30 - 6:30PM HOLIDAY POTLUCK	19 <b>POST-OP NUTRITION</b> 12PM BAYLOR PLANO	20	21	22
23	24	25 <b>MERRY CHRISTMAS!</b>	26	27	28	29
30	31					

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