

AUGUST 2018

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

NICHOLSON CLINIC PRE-OP & POST-OP CLASSES

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

FACEBOOK LIVE@LUNCH WITH DR. NICK

TUESDAY, AUGUST 14 @ 12:00PM

Join Dr. Nick Nicholson to learn about the biology
behind obesity and why it's so hard to lose weight.

Nicholson Clinic Facebook Page

FACEBOOK LIVE@LUNCH Q&A WITH CANDACE

TUESDAY, AUGUST 21 @ 12:00PM

Send us any pre-op, post-op or maintenance
questions to: Social@NicholsonClinic.com
prior to 8/21 and Candace Peppers, MA will
provide answers.

Nicholson Clinic Facebook Support Group Page

FACEBOOK LIVE@LUNCH WITH RENELL, PSYMED NUTRITION

MONDAY, AUGUST 27 @ 12:00PM

Back to School Tips and Tricks: Join Renell Cronk,
RDN, LD to learn some to a quick healthy lunch
ideas for you and the kids.

Nicholson Clinic Facebook Page

PATIENT TO PATIENT SUPPORT GROUP

TUESDAY, AUGUST 28 @ 6:00-7:30PM

Cooking Demo – Food Prep: Join Candace
Peppers, MA to learn why food prep is so important
and watch a demo of recommendations.

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

YOGA CLASS

THURSDAY, AUGUST 16 @ 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

BAYLOR PRE-OP NUTRITION

WEDNESDAY, AUGUST 8 @ 12:00PM

WEDNESDAY, AUGUST 22 @ 12:00PM

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

Register: 469-814-4483

BAYLOR POST-OP NUTRITION

WEDNESDAY, AUGUST 15 @ 12:00PM

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

Register: 469-814-4483

FITNESS WALK

SATURDAY, AUGUST 18 @ 9:00AM

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

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

RSVP: rock.fitness2010@gmail.com

*Details and locations can be found on Facebook
or nicholsonclinic.com/non-surgical-weight-loss



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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 YOGA WITH JAIMEE 6:30PM INDEPENDENCE	8 PRE-OP NUTRITION 12PM BAYLOR PLANO	9	10	11
12	13	14 LIVE@LUNCH WITH DR. NICK 12PM FACEBOOK PAGE	15 POST-OP NUTRITION 12PM BAYLOR PLANO	16 YOGA WITH JAIMEE 6:30PM INDEPENDENCE	17	18 FITNESS WALK WITH MARILYN 9AM OAK POINT PARK
19	20	21 LIVE Q&A WITH CANDACE 12PM FACEBOOK GROUP	22 PRE-OP NUTRITION 12PM BAYLOR PLANO	23	24	25
26	27 LIVE@LUNCH WITH RENELL 12PM FACEBOOK PAGE	28 SUPPORT GROUP 6:00-7:30PM BUSINESS OFFICE KITCHEN AREA	29	30	31	

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