

**FACEBOOK LIVE@LUNCH
Q&A WITH CANDACE
MAY 15 @ 12:00PM**

Send us any pre-op, post-op or maintenance questions to: Social@NicholsonClinic.com prior to 5/15 and Candace Peppers, MA will provide answers.

[Nicholson Clinic Facebook Support Group Page](#)

**FACEBOOK LIVE@LUNCH
WITH RENELL, PSYMED NUTRITION
MAY 31 @ 12:00PM**

Join Renell Cronk, RDN, LD to learn about foods to eat / avoid to reduce inflammation and help with arthritis.

[Nicholson Clinic Facebook 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
MAY 21 @ 6:30PM**

We'll meet at a restaurant in Plano for dinner and advice on how to order while eating out.

For more info and to RSVP, please email: patientsupport@nicholsonclinic.com

BAYLOR PRE-OP NUTRITION

**MAY 9 @ 12:00PM
MAY 23 @ 12:00PM**

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

**BAYLOR POST-OP NUTRITION
MAY 16 @ 12:00PM**

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

FITNESS GROUP

**MAY 5 @ 9:00AM
MAY 19 @ 9:00AM**

Oak Point Park & Nature Preserve
5901 Los Rios Blvd. - Meet at the pavillion
RSVP: rock.fitness2010@gmail.com

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

YOGA CLASS

MAY 8 @ 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

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

MAY 2018

Support Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 FITNESS GROUP WITH MARILYN 9AM OAK POINT PARK
6	7	8 YOGA WITH JAIMEE 6:30PM NC INDEPENDENCE	9 PRE-OP NUTRITION 12PM BAYLOR PLANO	10	11	12
13	14	15 FB LIVE Q&A WITH CANDACE 12PM FACEBOOK GROUP	16 POST-OP NUTRITION 12PM BAYLOR PLANO	17	18	19 FITNESS GROUP WITH MARILYN 9AM OAK POINT PARK
20	21 P2P SUPPORT GROUP 6:30PM DINNER OUT LOCATION TBD	22	23 PRE-OP NUTRITION 12PM BAYLOR PLANO	24	25	26
27	28	29	30	31 PSYMED NUTRITION FB LIVE WITH RENELL 12PM FACEBOOK PAGE		

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