

**FACEBOOK LIVE@LUNCH  
WITH TONJA  
JUNE 6 @ 12:00PM**

Questions on the insurance process? Join Tonja Moore, Nicholson Clinic Insurance Case Manager, to learn how the insurance process works and what to expect.

Nicholson Clinic Facebook Page

**FACEBOOK LIVE@LUNCH  
Q&A WITH CANDACE  
JUNE 19 @ 12:00PM**

Send us any pre-op, post-op or maintenance questions to: [Social@NicholsonClinic.com](mailto:Social@NicholsonClinic.com) prior to 6/19 and Candace Peppers, MA will provide answers.

Nicholson Clinic Facebook Support Group Page

**FACEBOOK LIVE@LUNCH  
WITH RENELL, PSYMED NUTRITION  
JUNE 28 @ 12:00PM**

June is National Fresh Fruit and Vegetable Month. Join Renell Cronk, RDN, LD to learn why we want to eat with the season / locally and what produce is in season.

Nicholson Clinic Facebook Page

**PATIENT-TO-PATIENT SUPPORT GROUP  
JUNE 18 @ 6:30PM**

How to shop for healthy food.  
Walmart Supercenter  
425 Coit Road, Plano, Texas 75075

Meet in the back of the park lot at 6:30 PM for a grocery store tour and tips on shopping healthy.  
RSVP: [patientsupport@nicholsonclinic.com](mailto:patientsupport@nicholsonclinic.com)

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

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

**BAYLOR PRE-OP NUTRITION  
JUNE 13 @ 12:00PM  
JUNE 27 @ 12:00PM**

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

**BAYLOR POST-OP NUTRITION  
JUNE 20 @ 12:00PM**

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

**YOGA CLASS  
JUNE 5 @ 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  
JUNE 23 @ 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*

# JUNE 2018

## Support Calendar

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

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