

# OCTOBER 2018

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

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

TUESDAY, OCTOBER 9 @ 12:00PM

Send us any pre-op, post-op or maintenance questions to: [Social@NicholsonClinic.com](mailto:Social@NicholsonClinic.com) prior to 10/9 and Candace Peppers, MA will provide answers.

[Nicholson Clinic Facebook Page](#)

### FACEBOOK LIVE@LUNCH WITH RENELL, PSYMED NUTRITION

MONDAY, OCTOBER 22 @ 12:00PM

Join Renell Cronk, RDN, LD for healthy Halloween tips and recipes for Halloween treats.

[Nicholson Clinic Facebook Page](#)

### FACEBOOK LIVE@LUNCH WITH DR. LONG

WEDNESDAY, OCTOBER 24 @ 12:00PM

Join Dr. Brian Long, Bariatric and General Surgeon with the Nicholson Clinic to learn about some of the stomach pains should never ignore and what to do if your symptoms are severe.

[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

### \*\*SPECIAL EVENT\*\* FACEBOOK LIVE@10AM WITH P5 PERFORMANCE

THURSDAY, OCTOBER 25 @ 10:00AM

Please join John Pruna, CEO and Co-Founder of P5 Performance to learn about their bariatric medical wellness program. You'll get to see the facility first-hand and learn about all the ways P5 can help Nicholson Clinic patients progress to reach their full potential and achieve lasting results.

[Nicholson Clinic Facebook Page](#)

### YOGA CLASS WITH JAIMEE

TUESDAY, OCTOBER 2 @ 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 WALK WITH MARILYN

SATURDAY, OCTOBER 20 @ 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](mailto:rock.fitness2010@gmail.com)**

### PATIENT TO PATIENT SUPPORT GROUP

TUESDAY, OCTOBER 16 @ 6:00-7:30PM

How to shop for healthy food. Join Candace Peppers, MA for advice and a grocery store tour of Walmart, 425 Coit Road in Plano.

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 SUPPORT GROUP

WEDNESDAY, OCTOBER 10 @ 6:00PM

Baylor Plano Health & Wellness Center  
4708 Alliance Blvd, Pavilion 1, Suite 400  
(Directly across from Baylor Plano Hospital)

### BAYLOR PRE-OP NUTRITION

WEDNESDAY, OCTOBER 10 @ 12:00PM

WEDNESDAY, OCTOBER 24 @ 12:00PM

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

**Register: 469-814-4483**

### BAYLOR POST-OP NUTRITION

WEDNESDAY, OCTOBER 17 @ 12:00PM

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

**Register: 469-814-4483**

\*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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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <b>YOGA WITH JAIMEE</b> 6:30PM INDEPENDENCE	3	4	5	6
7	8	9 <b>LIVE@LUNCH WITH CANDACE</b> 12PM FACEBOOK SUPPORT	10 <b>PRE-OP NUTRITION</b> 12PM - BAYLOR PLANO  <b>BAYLOR SUPPORT</b> 6PM - BAYLOR PLANO	11	12	13
14	15	16 <b>SUPPORT GROUP</b> 6:00 - 7:30PM WALMART 425 COIT RD, PLANO	17 <b>POST-OP NUTRITION</b> 12PM BAYLOR PLANO	18	19	20 <b>FITNESS WALK WITH MARILYN</b> 9AM OAK POINT PARK
21	22 <b>LIVE@LUNCH WITH RENELL</b> 12PM FACEBOOK PAGE	23	24 <b>PRE-OP NUTRITION</b> 12PM - BAYLOR PLANO  <b>LIVE@LUNCH - DR. LONG</b> 12PM - FACEBOOK PAGE	25 <b>LIVE@10AM WITH P5 PERFORMANCE</b> 10AM FACEBOOK PAGE	26	27
28	29	30	31			

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