

# JANUARY 2019

## SUPPORT GROUP CALENDAR

**NICHOLSON CLINIC**  
For Weight Loss Surgery

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

WEDNESDAY, JANUARY 9 @ 12:00PM

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

[Nicholson Clinic Facebook Support Group Page](#)

### FACEBOOK LIVE@LUNCH WITH DR. NICHOLSON

TUESDAY, JANUARY 22 @ 12:00PM

It's the new year and time to get healthy! Join Dr. Nick as he discusses the health benefits of losing weight and how we can help.

[Nicholson Clinic Facebook Page](#)

### FACEBOOK LIVE@LUNCH WITH RENELL CRONK, RDN, LD, PSYMED, INC.

DATE: TBD

Stay tuned for monthly nutrition tips from Renell Cronk, RDN, LD with PsyMed, Inc.

### 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, JANUARY 15 @ 6:00-7:00PM

Join us for an introductory fitness / wellness session.

#### P5 PERFORMANCE

8861 Coleman Boulevard  
Frisco, Texas 75034

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

### BAYLOR SUPPORT GROUP

WEDNESDAY, JANUARY 9 @ 5:30PM

Baylor Plano Health & Wellness Center  
4708 Alliance Blvd, Pavilion 1, Suite 400  
Plano, Texas 75093  
(Across from Baylor Plano Hospital)

**No sign up necessary. Questions: 469-814-5677**

### BAYLOR PRE-OP NUTRITION

WEDNESDAY, JANUARY 9 @ 12:00PM

WEDNESDAY, JANUARY 23 @ 12:00PM

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

**Register: 469-814-4483**

### BAYLOR POST-OP NUTRITION

WEDNESDAY, JANUARY 16 @ 12:00PM

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

**Register: 469-814-4483**

### YOGA CLASS

TUESDAY, JANUARY 8 @ 6:30-7:30PM

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 CLASS

SATURDAY, JANUARY 19

@ 9:00-10:00AM

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 <b>HAPPY NEW YEAR!</b>	2	3	4	5
6	7	8 <b>YOGA WITH JAIMEE</b> 6:30-7:30PM INDEPENDENCE	9 <b>PRE-OP NUTRITION</b> 12PM - BAYLOR PLANO <b>LIVE@LUNCH W/CANDACE</b> 12PM - FACEBOOK SUPPORT <b>BAYLOR SUPPORT GROUP</b> 5:30PM - BAYLOR	10	11	12
13	14	15 <b>SUPPORT GROUP</b> 6:00 - 7:00PM @ P5 PERFORMANCE	16 <b>POST-OP NUTRITION</b> 12PM BAYLOR PLANO	17	18	19 <b>FITNESS WITH MARILYN</b> 9:00-10:00AM INDEPENDENCE
20	21	22 <b>LIVE@LUNCH W/DR. NICHOLSON</b> 12PM FACEBOOK	23 <b>PRE-OP NUTRITION</b> 12PM BAYLOR PLANO	24	25	26
27	28	29	30	31		

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