

SEPTEMBER 2018

NICHOLSON CLINIC
For Weight Loss Surgery

SUPPORT GROUP CALENDAR

FACEBOOK LIVE@LUNCH WITH KELLY AND CANDACE

THURSDAY, SEPTEMBER 13 @ 12:00PM

Join Candace Peppers, MA and Patient Educator, and Kelly Ray, RN and Triage Nurse with the Nicholson Clinic to learn about the importance of protein and vitamins and why your body needs these supplements.

[Nicholson Clinic Facebook Page](#)

FACEBOOK LIVE@LUNCH WITH RENELL, PSYMED NUTRITION

MONDAY, SEPTEMBER 24 @ 12:00PM

September is Better Breakfast Month! Join Renell Cronk, RDN, LD as she highlights important benefits of eating a nutritious breakfast each day and demos how to make her easy and delicious no bake protein energy bites.

[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

YOGA CLASS

TUESDAY, SEPTEMBER 4 @ 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

FITNESS WALK

SATURDAY, SEPTEMBER 15 @ 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

PATIENT TO PATIENT SUPPORT GROUP

TUESDAY, SEPTEMBER 18 @ 6:00-7:30PM

How to order healthy out to dinner.

Join Candace Peppers, MA for advice and dinner at **IHOP, 4804 W Plano Pkwy, 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

BAYLOR PRE-OP NUTRITION

WEDNESDAY, SEPTEMBER 12 @ 12:00PM

WEDNESDAY, SEPTEMBER 26 @ 12:00PM

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

Register: 469-814-4483

BAYLOR POST-OP NUTRITION

WEDNESDAY, SEPTEMBER 19 @ 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



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SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4 YOGA WITH JAIMEE 6:30PM - INDEPENDENCE	5	6	7	8
9	10	11	12 PRE-OP NUTRITION 12PM BAYLOR PLANO	13 LIVE@LUNCH WITH KELLY & CANDACE 12PM FACEBOOK PAGE	14	15 FITNESS WALK WITH MARILYN 9AM OAK POINT PARK
16	17	18 SUPPORT GROUP 6:00 - 7:30PM IHOP, PLANO 4804 W PLANO PKWY	19 POST-OP NUTRITION 12PM BAYLOR PLANO	20	21	22
23	24 LIVE@LUNCH WITH RENELL 12PM FACEBOOK PAGE	25	26 PRE-OP NUTRITION 12PM BAYLOR PLANO	27	28	29
30						

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