

NOVEMBER 2018

NICHOLSON CLINIC
For Weight Loss Surgery

SUPPORT GROUP CALENDAR

FACEBOOK LIVE@LUNCH Q&A WITH CANDACE

TUESDAY, NOVEMBER 6 @ 12:00PM

Send us any pre-op, post-op or maintenance questions to: Social@nicholsonclinic.com prior to 11/6 and Candace Peppers, MA will provide answers.

[Nicholson Clinic Facebook Support Group Page](#)

FACEBOOK LIVE@LUNCH WITH DR. ROSHEK & RENELL, PSYMED NUTRITION

FRIDAY, NOVEMBER 16 @ 12:00PM

November is National Diabetes Month. Join Dr. Thomas Roshek and Renell Cronk, RDN, LD with PsyMed as they discuss the correlation between obesity and diabetes and what you can do to improve your conditions and support healthy blood sugar levels.

[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

TUESDAY, NOVEMBER 13 @ 5:30-6:30PM

Thanksgiving Tasting and Tips

Nicholson Clinic Business Office
5000 Legacy Drive, Suite 200 Plano, TX 75024

Join Candace Peppers, MA for a healthy holiday cooking demo and advice on how to stay healthy during the holidays.

Space is limited to the first 30 people and 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, NOVEMBER 14 @ 12:00PM

WEDNESDAY, NOVEMBER 28 @ 12:00PM

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

Register: 469-814-4483

FITNESS WALK

SATURDAY, NOVEMBER 17 @ 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

YOGA CLASS

TUESDAY, NOVEMBER 27 @ 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

*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
				1	2	3
4	5	LIVE@LUNCH WITH CANDACE 12PM FACEBOOK SUPPORT	7	8	9	10
11	12	SUPPORT GROUP 5:30 - 6:30PM THANKSGIVING TASTING & TIPS	PRE-OP NUTRITION 12PM BAYLOR PLANO	15	LIVE@LUNCH WITH DR. ROSHEK & RENELL 12PM FACEBOOK PAGE	FITNESS WALK WITH MARILYN 9AM OAK POINT PARK
18	19	20	21	HAPPY THANKSGIVING	23	24
25	26	YOGA WITH JAIMEE 6:30PM INDEPENDENCE	PRE-OP NUTRITION 12PM BAYLOR PLANO	29	30	

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