

**PRE-OP CLASS WITH CANDACE**

**SEPTEMBER 18 @ 4:00PM**

Nicholson Clinic Coit Office  
1708 Coit Rd, Suite 150  
Plano, Texas 75075

**RSVP: candace@nicholsonclinic.com**

**BAYLOR PRE-OP NUTRITION**

**SEPTEMBER 13 @ 12:00PM**

**SEPTEMBER 27 @ 12:00PM**

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

**Register: 469-814-4483**

**BAYLOR SUPPORT GROUP  
WITH DR. ASHMORE**

**SEPTEMBER 13 @ 6:00PM**

*Friends and family welcome!*

4700 Alliance Blvd  
Plano, Texas 75093  
Garden (Lower) Level Education Center

Please see signs at elevators directing  
you to the meeting room.

**PATIENT-TO-PATIENT  
SUPPORT GROUP**

**SEPTEMBER 21 @ 6:30PM**

Nicholson Clinic Coit Office  
1708 Coit Rd, Suite 150  
Plano, Texas 75075

**RSVP: zohar.z.wolf@gmail.com**

**POST-OP CLASS WITH CANDACE**

**STAGE 1: DAYS 1-21**

**SEPTEMBER 11 @ 4:00PM**

**SEPTEMBER 25 @ 4:00PM**

**STAGE 2: DAYS 22-42**

**SEPTEMBER 7 @ 4:00PM**

**SEPTEMBER 21 @ 4:00PM**

Nicholson Clinic Coit Office  
1708 Coit Rd, Suite 150  
Plano, Texas 75025

**RSVP: candace@nicholsonclinic.com**

**BAYLOR POST-OP NUTRITION**

**SEPTEMBER 20 @ 12:00PM**

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

**Register: 469-814-4483**

**PSYMED POST-OP NUTRITION**

**SEPTEMBER 28 @ 6:30PM**

Nicholson Clinic Independence Medical Village  
1st Floor Large Conference Room  
8080 Independence Parkway  
Plano, Texas 75025

**RSVP: renell@psymedhealth.com**

**PATIENT WALK/RUN GROUP  
SUNDAY MORNINGS @ 7:30AM**

**SEPTEMBER 3**

**SEPTEMBER 17**

**SEPTEMBER 10**

**SEPTEMBER 24**

Arbor Hills Nature Preserve.  
*Check Nicholson Clinic Facebook Support Group  
Page for inclement weather changes.*

**RSVP: zohar.z.wolf@gmail.com**