

OCTOBER 2023

SUPPORT GROUP CALENDAR

NICHOLSON CLINIC
For Weight Loss Surgery

VIRTUAL BAYLOR PRE-OP NUTRITION CLASS

WEDNESDAY, OCTOBER 4 AT NOON

RSVP to Marsha.Emery@BSWHealth.org or call 469-814-5677 & she will send you the event link or visit Nicholson Clinic Facebook for event link and details.

VIRTUAL BAYLOR POST-OP NUTRITION CLASS

WEDNESDAY, OCTOBER 18 AT NOON

Topic: Nutrition, Hydration and Sleep

Understand how nutrition, hydration and sleep all work together to help optimize weight loss.

RSVP to Marsha.Emery@BSWHealth.org or call 469-814-5677 & she will send you the event link or visit Nicholson Clinic Facebook for event link and details.

VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP

SATURDAY, OCTOBER 14 AT 9:00AM

Join Michael Tew, Pn2, patient since 2019, Nicholson Clinic Fitness Ambassador, Certified Master Coach and Founder of Better Way Wellness for a monthly support group geared towards patients who are 1+ year post-op.

Topic: "Open Q&A Session"

This month we'll have an open meeting for patients to ask questions about maintaining weight loss. Please bring any questions you have on nutrition, fitness and how to incorporate a healthy lifestyle into your daily routine. As always, any specific medical questions should be directed to Nicholson Clinic's medical staff.

Visit Nicholson Clinic Facebook Support Group for zoom link and details.

FITNESS JOURNEY CHALLENGE

Hosted by Michael & Deborah Tew

Nicholson Clinic Patient Fitness Ambassadors

The "Fitness Journey Challenge" is a Facebook group dedicated to helping ordinary people become more consistent in their fitness. Anyone can join!

Details at fitnessjourneychallenge.com.

Questions? Email Michael at michael@fitnessjourneychallenge.com.

*Details and locations can be found on Facebook or <https://www.nicholsonclinic.com/weight-loss-support>



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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 VIRTUAL BAYLOR PRE-OP NUTRITION NOON	5	6	7
8	9	10	11	12	13	14 VIRTUAL PATIENT-TO-PATIENT SUPPORT GROUP 9:00AM ZOOM
15	16	17	18 VIRTUAL BAYLOR POST-OP NUTRITION NOON	19	20	21
22	23	24	25	26	27	28
29	30	31				

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