

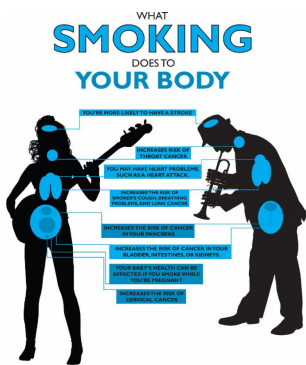


MEDICAL CARE FOR PERFORMERS BUILDS A STRONGER, HEALTHIER MUSIC COMMUNITY

www.neworleansmusiciansclinic.org



In addition to providing medical care to 2,500 patients through the NOMC, our 2015 community health highlights include:



Smoke Free Clubs for Musicians' Health!

NOMC&AF fights hard to ensure the wellness of musicians, cultural workers and patrons. This year we joined the coalition of partners who passed the Smoke-Free ordinance in the city of New Orleans. [\[read more\]](#)



AllState Sugar Bowl Crescent City Classic:

More than 200 charity runners/walkers supported the NOMC in April 2015 to raise \$30,000. We've been selected as a charity team again in 2016, will you sign up for this year's race? go to www.firstgiving.com/nomc/coc10k to create a fundraising page, or email goodhealth@nomaf.org for more info. Raceday: March 26th,

2016!



Brass Band Yoga

We provide beginner and restorative yoga classes for NOMC patients in partnership with Magnolia Physical Therapy. Members of Brass Band Yoga learn basics in breath, mindfulness, and gentle stretches that help them parade in the streets of New Orleans and keep culture alive. [[read more](#)]



NOMC Summer Water Challenge:

NOMC&AF team helped more than 500 locals learn the health benefits of staying hydrated. [[join the facebook group](#) or email goodhealth@nomaf.org to sign up for the next round]



August Blood Drive:

We collected 175 pints of blood in an epic summer Hawaiian-themed sunday social in partnership with Organ Grinders Dance Troupe and 9 other groups. [[read more](#)]



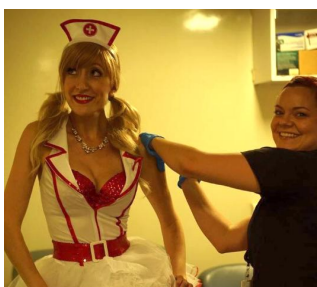
Staying Cool Under Pressure:

It is easy to shine when things are going your way, but what about those times when everything seems stacked against you?

Focus on Mental Health:

In partnership with the [National Alliance on Mental Illness](#) and the [Brett Thomas Doussan Foundation](#), NOMC&AF provided innovative mental health resources for our patients and the broader community in 2015. We hosted a team at the annual NAMI walk and produced a social media series called Mental Health Matters.

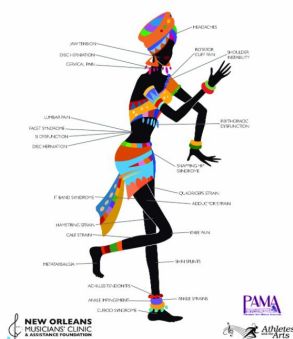
[[read more](#)]



Here's to Good Health for NOLA Cultural Workers:

In partnership with [Tales of the Cocktail](#), NOMAF created wellness resources for those who work in the late night tourism industry. In October, the team partnered with [Crescent Care](#) to provide 104 flu shots to local musicians, bartenders and cultural workers at an event called [Shots for Shots](#).

AFRICAN DANCER INJURIES



Dancer Wellness Initiative:

NOMC&AF developed resources to keep New Orleans' dancers pain free. In partnership with Trixie Minx & [Fleur de Tease](#), Ashe Cultural Arts Center, [Tulane Institute of Sports Medicine](#), [Athletes in the Arts](#) and [PAMA](#). [[read more](#)]

SPOTLIGHTS:



Office Depot's Small Business Spotlight Series: We were the only non-profit featured!



Eddie Izzard: In December, world famous comedian Eddie Izzard's New Orleans show benefitted the NOMC.

And Here's How You can Help us Meet our Year-End Goal:

NEWORLEANSMUSICIANSCLINIC.ORG/DONATE

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