PROMOTING WELLNESS IN NEW ORLEANS

HERE'S TO GOOD HEALTH

JANUARY, 2015

START 2015 THE RIGHT WAY - SET YOUR GOALS!

BROUGHT TO YOU BY:

NEW ORLEANS MUSICIANS' CLINIC & ASSISTANCE FOUNDATION ESTABLISHED 1998

NOCCPS NEW ORLEANS CULINARY AND CULTURAL PRESERVATION SOCIETY

THE SKINNY

Working the long, late night hours that service careers demand, it's easy to forget about your health. We're here to help. **Here's to Good Health 2015** will tell you about events, educational seminars, group classes and opportunities for New Orleans service and tourism workers. Stay healthy and tune in.

GOOGLE HANGOUT

DR. TURSHÁ HAMILTON

January 22, 2015 : 12PM CST

Set meaningful goals for wellness. In this session, Dr. Turshá Hamilton will talk about what to consider in the long-term, setting your "alarm" and putting your plan into motion.

Join up by emailing goodhealth@nomaf.org

GROUP OFFERS

10% OFF L-ENFENT AT MOLLY'S

passcode: turnipforwhat

HEALTHY LATE NIGHT FOOD FOR SERVICE WORKERS

1107 Decatur St., NOLA I Thur/Fri : 5p-2a; Sat/Sun : 12p-2a; Mon : 5p-12a

ANYTIME FITNESS – BYWATER

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FEATURED HEALTH APP

MY FITNESS PAL

Log what you eat and drink with this easy to use app!

MOST POPULAR NEW YEARS RESOLUTIONS

How do yours stack up?

1. Lose Weight
2. Volunteer
3. Quit Smoking

RECOMMENDED READS

Practically Healthy: Step-by-Step Guide to Better Health by Dr. Turshá Hamilton

Mini Habits: Smaller Habits, Bigger Results by Stephen Guise

EMAIL GOODHEALTH@NOMAF.ORG

JOIN FACEBOOK.COM/GROUPS/GOODHEALTHNOLA

MOLLY KIMBALL'S TIP

Combat Weight Gain in the Busy Season:

PACK A PROTEIN BAR!

Find a healthy nutrition bar.

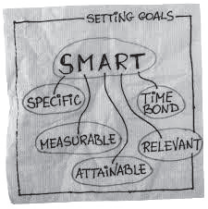
Check the label - Look for Appetite-squelching protein (min. 8-10g) Low amounts of sugar (less than 5g)

No need to go to a specialty vitamin store to find a good-for-you bar. Look near the pharmacy department in most drug stores, groceries and big-box stores.

RECOMMENDED: Think Thin protein bar, Power Crunch bar; Kashi TLC bar; 2:1 Protein Bar; Quest Bar

Molly Kimball is a registered dietitian/nutrition consultant and writer specializing in 'lifestyle' nutrition. She integrates real-world nutrition into daily life, incorporating favorite indulgences when building a healthy and balanced diet.

FREE GOAL TEMPLATES



Prepare for the Long Haul

Many available for download at

JOESGOALS.COM

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or visit www.ashecac.org

FREE health and wellness classes for women and men. Features dance classes and an informative health topic that change every 6-8 weeks. For more information call 504.569.9070 or go to www.ashecac.org

SUPPORT

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JANUARY 21, ALL DAY

5% OF SALE SUPPORTS

NEW ORLEANS MUSICIANS' CLINIC & ASSISTANCE FOUNDATION

HEALTHCARE FOR LOCAL MUSICIANS

AT

TWO LOCATIONS

3420 Veterans Memorial Blvd. | Metairie, LA 70002
300 North Broad Street Suite 103 | New Orleans, LA 70119

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$10 RAFFLE TICKET | $800 PRIZE VALUE!

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700 tickets available

PRIZE DRAWING JANUARY 29TH, 2015.

Email goodHealth@nomaf.org or call 504-415-3514 for more information on how to buy tickets!

HERE'S TO GOOD HEALTH IS LOOKING FOR VOLUNTEER CONTRIBUTORS!

EMAIL GOODHEALTH@NOMAF.ORG

JOIN FACEBOOK.COM/GROUPS/GOODHEALTHNOLA