



PREVENT DEATH BY LIFESTYLE AT THE HEALTHY SUPPER BOWL JAM!



Healthy Supper Bowl Jam

New Orleans; October 31, 2012-The New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF) is proud to announce their collaboration with Ashé Cultural Arts Center to produce another foodtastic Healthy Supper Bowl Jam, highlighting wholesome foods, cooking methods and suggestions for healthy lifestyle changes. The event is part of NOMAF's Prevent Death by Lifestyle initiative.

Following the success of our last Supper Bowl Jam, NOMAF is taking the event to another neighborhood-Central City. On **Thursday, November 8th, 5:30-8:00 p.m.**, at Ashé Cultural Arts Center (1712 Oretha C. Haley Blvd.) NOMAF and Ashé will be offering up fantastic, healthy and affordable food from Nola Girl, La Cocinita and more. Our goal is to bring families together in a wonderful, safe environment with affordable, healthy food options. The event kicks off at 5:30 p.m. with old school music by DJ Captain Charles, followed with live music by Bamboula 2000 at 6:45 p.m. Join members of Sistahs Making a Change who will get things stirred up with line dances, old school moves, second-lines and more.

We encourage all chefs, restaurateurs, waiters, cultural workers, musicians, artists, health advocates and the community at-large to come and enjoy the reasonably-priced, healthy food.

The Supper Bowl Jam is free and open to the public. Call (504) 569-9070 for more information.



New Orleans Musicians' Clinic / Assistance Foundation

The mission of the New Orleans Musicians Assistance Foundation is to keep music alive by sustaining New Orleans musicians and tradition bearers in body, mind and spirit. We do this through providing access to health and social services through the New Orleans Musicians' Clinic, regardless of musicians' ability to pay, and by fostering cultural opportunities that advocate for and support this effort. To learn more visit www.neworleansmusiciansclinic.org or www.nomaf.org

Ashé Cultural Arts Center

Ashé Cultural Arts Center, a project of Efforts of Grace, Inc., is an effort to combine the intentions of neighborhood and economic development with the awesome creative forces of community, culture and art to revive and reclaim a historically significant corridor in Central City New Orleans: Oretha Castle Haley Boulevard, formerly known as Dryades Street.

City Council President Stacy Head

Stacy Head, an avid food truck enthusiast, also lends her support to the event. Always a champion for small businesses, Head is encouraged by the success of this series of Supper Bowl Jams, which support mobile vendors in addition to promoting healthy lifestyles.

Slow Food New Orleans

Slow Food New Orleans supports the philosophy of Slow Food International that everyone has a fundamental right to the pleasure of good food and consequently the responsibility to protect the heritage of food, tradition and culture that make this pleasure possible. The food traditions of New Orleans are inseparably bound to its musical heritage, which combine to create a lush and internationally renowned culture. Food fuels the heart while music feeds the soul of a city and region where cultural influences from around the world simmer in a pot of gumbo that in turn feeds cultures

of the world. Slow Food NOLA is thrilled and honored to partner with the New Orleans Musicians' Assistance Foundation to preserve and promote the unique food and music cultures of New Orleans. Please visit the Slow Food NOLA website to learn more about the local, national and international Slow Food movement. www.SlowFoodNOLA.com

New Orleans Musicians' Clinic

Hours: Monday - Thursday : 10 AM - 4 PM

504-415-3514 : info@nomaf.org

Can't Make the Event?

DONATE TODAY!

