

# Partying with a Purpose

Upcoming Events and Wellness Tips  
for Your Festival Season



## Crawfish Fans Did You Know Mudbugs are Good For You?



- Crazy-Low Calories
- Low in Carbs and High in Protein
- Surprisingly nutrient-rich

Information presented [in this article](#) by Molly Kimball, Registered Dietician | Nola.com

Expert Tip: Choose a boil product with **no MSG\*** in it. We like:

- Zatarain's Pro Boil Crawfish, Shrimp & Crab Boil (liquid)
- Cajun Land Crab Boil

[Visit NOMC's Website for more information!](#)

*\*MSG or Monosodium glutamate is a flavor enhancer found in a wide variety of food products. Although the FDA has classified it as a food ingredient, its use remains controversial as a number of health issues are related to high MSG consumption. While many scientists say that MSG is not known to cause allergic reactions in the majority of people, NOMAF's community health team recommends you avoid food with MSG and excess sodium.*

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## April 2016 Events to Benefit NOMC

[Full Listing on NOMC website](#)

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**JAMBALAYA**

**APRIL 26TH**

AN INTIMATE  
BACKYARD BBQ

[CLICK FOR INFO & TICKETS](#)



**FIYAfest**

**APRIL 27TH**

[CLICK FOR INFO & TICKETS](#)



**WEDNESDAY  
APRIL 27TH, 2016**

1PM - 10PM

**NOLA Crawfish Fest**

**APRIL 25TH-28TH**

BENEFITTING THE BRETT THOMAS DOUSSAN  
FOUNDATION, WHO GIVES CHARITABLE TO NOMC

[CLICK FOR INFO & TICKETS](#)

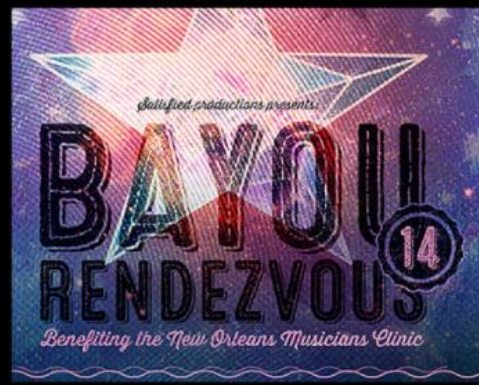


# Bayou Rendezvous

APRIL 29TH

AT THE HOWLIN WOLF

[CLICK FOR INFO & TICKETS](#)

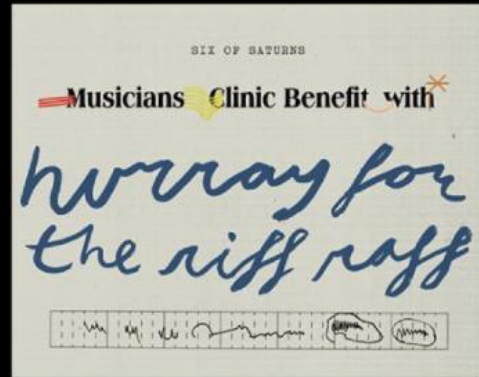


# Six Saturns of Venus

APRIL 30TH

AT THE NEW ACE HOTEL

[CLICK FOR INFO & TICKETS](#)



# Watch Your Figure at da Fest!

[CLICK DAT MAP!](#)

Note: While these fest choices may be high in sodium, they are lower than other choices on the fairgrounds. These choices include no white carbs, very low in sugar, very low in saturated fat.

## "No one has ever become poor from giving."

-Anne Frank

## CAN'T MAKE IT?

Consider donating directly to the New Orleans Musicians' Clinic & Assistance Foundation

Your investment ensures that New Orleans performers and musicians are healthier by providing access to comprehensive, preventive medical care, social services and cultural advocacy



