REGISTRATION OPEN FOR EVENTS ON THE CLOUD EFFECTIVE IMMEDIATELY for all events listed below!

ochsner.force.com/goldenopportunity

***All Upcoming events will be presented virtually via ZOOM:***

Zoom invitations will be sent via email to all members who register for the event on the Cloud. Be sure to “accept” the invitation when you receive it via the separate email message. Contact the GO office (via phone or email) to request handouts, if available or to schedule a Zoom tutorial.

September 2 (Wednesday) 10:00am “Coffee with Christie- “Finding Dr. Right”. Ricardo Vega, Blue Advantage Benefits Specialist, will talk about tips on finding a healthcare provider who’s right for you.

September 11 (Friday) 9:30am “Hobby Therapy: A Guided Path to Follow the Fun” presented by Stacy Melvin, Vice President-Project Management.

In this interactive to program you will:

- how to sustain hobbies over time
- Explore the benefits of cultivating hobbies
- Discover your custom path to uplifting enrichment
- Learn for maximum joy

September 17 (Thursday) 2:00pm “Eat Fit* Nutrition Workshop- “Virtual Grocery Store Tour” with Brittany Craft, registered dietitian.

Navigating the crowded grocery store aisles can sometimes feel overwhelming – but it doesn’t have to be! Learn what a healthy shopping trip looks like, aisle by aisle! Brittany will review simple ways to improve your diet, provide specific product recommendations, and discuss how to make healthy food choices for your specific needs. She will review what to look for on food labels and introduce new ingredients you can begin to incorporate into your meal and snacks.

*What is Eat Fit? In our culture, food is more than nutrition – it’s an obsession. Five minutes after lunch, we’re talking about dinner. And fortunately, Eat Fit makes it easy to indulge without the guilt. Molly Kimball, registered dietitian with Ochsner Fitness Center, set out to take the guesswork out of dining out healthfully, to make the healthy choice the easy choice. In 2013, she collaborated with some of the most iconic restaurants in the New Orleans region to create Ochsner Eat Fit, a program that encourages chefs to offer nutritious, delicious meals for those who want to eat clean, watch their weight, and manage diabetes, blood pressure and cholesterol. Look for the Eat Fit seal on menus at your favorite restaurants. Their goal is to empower the community to live their strongest, healthiest lives possible by providing easy-to-access real-world education, inspiration and resources on wellness and nutrition.

Ochsner Fitness Center – VIRTUAL CLASSES TO KEEP YOU FIT

If staying informed, wanting to know what’s new and keeping in touch with a social network is what you’re looking for then this is the group to join. You can look forward to learning about senior fitness, nutrition, how to keep a healthy mind and much more!!

Join the Ochsner Fitness Center Facebook Senior Group and view the weekly calendar. Click on the links and you can join the virtual classes! Easy as that! For more information, email gtabora@ochsner.org or https://www.ochsnerfitness.com/classes/senior-fitness.
Ready for a Do It Yourself project? Check this out.......  

**Country DIY Fabric Wreath**

Add a touch of whimsical charm to your seasonal decor with this Classic Country Scrap Wreath. Made using fabric scraps of a similar color, this adorable DIY wreath is a great way to add country charm to your home. The great thing about this fabric scrap wreath is that you can use it to add color to your home any time of year – even your holiday decorations. You can even completely change the look of this wreath by the fabric colors you choose...so let your favorite color inspire you and start clearing out your fabric stash today!

### Materials List

- Fabric scraps torn into 5" strips about 1" width
- Wire wreath form with multiple wires
- A wire or string for the back to create a hanger to hang the wreath

### Instructions

Prepare your fabric strips by tearing or cutting strips in 5" by 1" pieces. You will need many of them. To make some of them different in texture, you may try cutting some with pinking shears.

- Begin tying strips to wire form. A full knot isn't necessary.
- Keep tying and tying and tying. If your wire has multiple wires, cover all with the fabric strips.
- Create a loop of wire or ribbon for the back of the wreath for a hanger. That's all there is to it!

Be creative! Share a picture of your finished project via email to ctrew@ochsner.org.

*Thanks!! to PEOPLES HEALTH NETWORK for providing the attached Word Find puzzles. Have fun!*

*The staff of Golden Opportunity continues to work remotely, so please communicate via email or calls to your local Golden Opportunity office if you have any questions. We will continue to provide our members resources to promote healthy lifestyles and available to help in any way needed.*

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