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

Zoom presentations will continue until further notice. The presentations will be posted in monthly calendars and also in Salesforce for registration, as it was done previously for the South Shore Region. If you would like to attend, sign up online or call our office (leave a detailed message). If you would like a presentation mailed to you, I will be happy to send it out to you, if there is one available from the presenter.

Register Now Online or Call Our Office (504)842-7000 (Leave a detailed message)
If you need assistance registering online or downloading Zoom on your phone, desktop computer or iPad, I would be glad to assist you and give instructions on how to access the presentation the day of the event.

September 11th (Friday): “Hobby Therapy: A Guided Path to Follow the Fun” - RSVP REQUIRED
Presenter: Stacy Melvin, Vice President-Project Management
Time: 9:30 a.m.
In this interactive program you will:
• Learn how to sustain hobbies over time
• Explore the benefits of cultivating hobbies
• Discover your custom path to uplifting enrichment
• Learn for maximum joy

September 17th (Thursday): “Eat Fit Nutrition Workshop- “Virtual Grocery Store Tour” - RSVP REQUIRED
Presenter: Brittany Craft, Registered Dietitian
Time: 2:00 p.m.
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.

September 24th (Thursday): “Steps to Staying Young at Heart” - RSVP REQUIRED
Presenters: Michelle Varon, Community Liaison and Rod Williams, Occupational Therapist
Time: 10:00 a.m.
Want to know the secrets of living a longer and happier life?
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.

Attend in-person fitness classes, contact Larcey Simoneaux, Memberships @ (504)703-2129.

Need Assistance Re-Scheduling Appointments

**A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to assist in scheduling medical appointments. The number is: 504-842-6538.

****Need help with registering in the Salesforce? Contact our office! ****

Chermaine Hebert, Program Coordinator
Ochsner Golden Opportunity
Center for Primary Care & Wellness
1401 Jefferson Hwy.
New Orleans, LA 70121
504-842-7000 office
chehebert@ochsner.org