

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles



Merry Christmas

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, November 10th at 8:00am on the CLOUD. Scan the QR code at the right to access the cloud, our online registration system, or type the following into your search engine: www.ochsner.org/gologin



All North Shore Registrations should be mailed to:

Ochsner 65 Plus – Attn: Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433 – 985-875-2799

*****EVERY TUESDAY CHAIR YOGA AND THURSDAY CHAIR BODY PUMP**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Instructor: Katherine Belou, Ochsner Health Coach. Chair yoga involves sitting in the chair while stretching and holding poses or standing and using the chair for balance. Chair Body Pump uses light weights and minimal impact cardio to improve your strength and balance and increase flexibility.

11:00am - 11:30am

Limit of 8 Attendees

FREE

*****DECEMBER 1 (MONDAY): CHEF NINO COOKING DEMONSTRATION**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Cooking doesn't have to be dull and boring. Chef Nino will captivate you with his humor and cooking.

10:30am

Limit of 40 Attendees

FREE

*****DECEMBER 3 (WEDNESDAY): PAMPER DAY WITH MARY KAY**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Speaker: Leslie Jones, Mary Kay Representative. Spend a little time pampering yourself with Mary Kay and experience how to relax and revive yourself during the holiday season.

1:00pm

Limit of 36 Attendees

FREE

****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP IS REQUIRED FOR ALL EVENTS.****

All trips are non-refundable. Every attempt will be made to sell your seat to someone on the wait list if you need to cancel. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.** Members must use transportation services provided by GO for day trips, road trips, and extended trips. GO is unable to accommodate trip modification requests by GO members.

For Additional Information Contact:

Lori Hosch, Special Services Coordinator

lori.hosch@ochsner.org

office: 985-875-2799

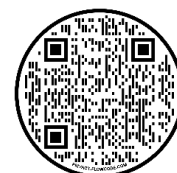
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Ochsner 65 Plus Clinic

Golden Opportunity

1581 N. Hwy 190

Covington, LA 70433



Scan QR Code for
the GO website.