

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ DATE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**Important Notes:** If you wish to register for an event requiring a fee and are paying by check, please include the check with this registration form. If you prefer to pay with a credit card, the Program Coordinator will contact you within 7 days of your registration date to obtain the credit card number for payment. Please note all fees are nonrefundable.

1. If an event requires payment by check please submit separate checks for events unless otherwise stated.
2. Ochsner GO has the right to limit all program activity participation to members only.
3. All GO events are subject to change and GO has the right to adjust events without formal notice.

**\*\*\*EVERY TUESDAY: CHAIR YOGA**

December 2: ☐ attend

December 9: ☐ attend

December 16: ☐ attend

December 23: ☐ attend

December 30: ☐ attend

**\*\*\*EVERY THURSDAY: CHAIR BODY PUMP**

December 4: ☐ attend

December 11: ☐ attend

December 18: ☐ attend

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

☐ attend 10:30am

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

☐ attend 1:00pm

**North Shore Registrations should be mailed to:**  
**Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433**

**\*\*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.