

Junior League of New Orleans Health Fair

Wednesday, March 4th

Phyllis M. & Patrick F. Taylor Auditorium

Ochsner Baptist

McFarland Building 1st floor | 4429 Clara Street



Join Ochsner Baptist and Junior League of New Orleans for an evening dedicated to women's health, fitness and happiness, in support of *Run, Walk, Give*. This event is free and open to the public.

Event Registration: 5:30 p.m.

Health and Wellness Booths Open: 5:30 – 8:00 p.m.

Speaker Schedule:

6:00-6:30 p.m. Dr. Lauren Leslie, Sports Medicine | Fitness Training Strategies

6:30-7:00 p.m. Dr. Amanda Henne, OB/GYN | Stress Management & Mindfulness

7:10-7:40 p.m. Emily Eustis, PA-C | Health and Nutrition

The Junior League of New Orleans is proud to be an Official Charity Partner of the Allstate Sugar Bowl Crescent City Classic. Each year, the Crescent City Fitness Foundation selects local charities to support and partner with for the 10k race. The goal of the "Run For It" Program is to raise \$1 million annually and serve the Greater New Orleans area needs. Individuals will be participating in the 42nd running of the Crescent City Classic on April 11, 2020 on behalf of JLNO, and we'd love for you to support them supporting us!

Visit with programs such as:

- Ochsner Fitness & Performance Training
- Eat Fit Team - Nutritional Consultant Team with cookbook
- Sculpting Center of New Orleans and Botox Station (\$11/unit - Call 504.309.9456 to Schedule)
- Women's Wellness & Survivorship Center
- OB/GYN & Women's Walk In Clinic
- O Bar - Health and Fitness Technology Products
- Healthy Back Program
- STEM Lab Information & Resources for Moms
- Healthy You
- 1-Minute Chair Massages
- Concierge Health

Register online at
www.jlno.org/healthfair



 **Ochsner Baptist**

A Campus of Ochsner Medical Center



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