



## Spring into Vitality Event Essentials 2017

This document contains a review of everything you need to know about attending **Spring into Vitality 2017**. We will be making **periodic updates** to include additional details, changes, and finalizations as they unfold (please check the footer for the edition date).

**Questions about the Event?** E-mail [SIV@DrRitamarie.com](mailto:SIV@DrRitamarie.com)

### Event Dates and Times

**Friday, April 21st – Sunday, April 23rd, 2017**

- **Friday: 9:00 am – 5:30 pm** (approx.)  
then supper break  
then optional evening session (to be confirmed)
- **Saturday: 9:00 am – 6:00 pm**  
then Saturday Night Reception (to be confirmed)
- **Sunday: 9:00 am – 5:00 pm**



<http://www.DrRitamarie.com>

© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN; **Edition Date:** March 7, 2017

Page 1 of 5

## Event Location and Hotel Booking

### DoubleTree by Hilton Hotel Austin Northwest Arboretum

8901 Business Park Dr,  
Austin, Texas, 78759

**Telephone:** +1-512-343-0888

To obtain a reservation at the conference Hotel at the specially discounted rate (**only \$129 per night for a double or king room**), please click on the link below.

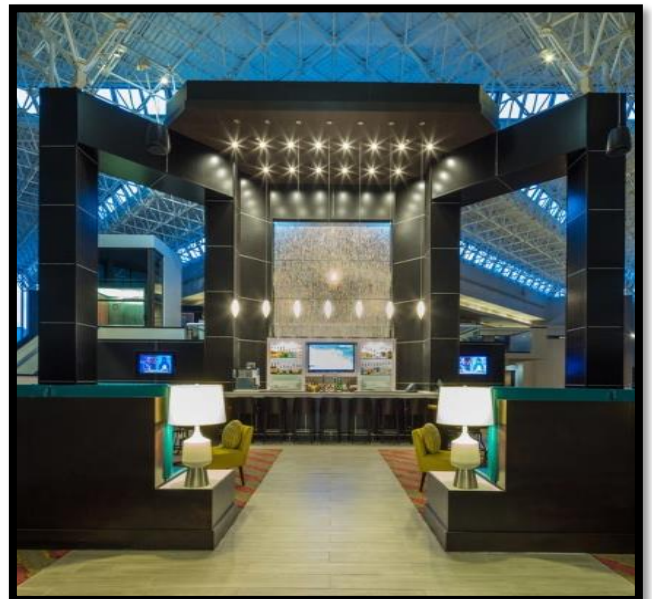


Space is limited and these rooms will be held until: **April 7<sup>th</sup>, 2017**

If calling, quote discount code: **SI2**

**Booking:** <http://www.drritamarie.com/go/SIVHotel>

**Amenities:** <http://www.drritamarie.com/go/SIVHotelAmenities>



<http://www.DrRitamarie.com>

## Sharing Hotel Rooms/Travelling Expense/Child Care/Billeting

If you'd like to partner with someone also attending the event to share the cost(s) of a room, travelling to the event or from the airport, or child care, we encourage you to join our private **Spring into Vitality** Facebook group – all members are attending the event – and post a notice on the event wall that you are looking to share or willing to split costs.

To join the **Facebook page** and connect with other participants, click below (page is private and you must be approved once you apply):

<http://www.drritamarie.com/go/SIVFacebook>

## Travel Information

If you are flying to attend this event, choose **Austin-Bergstrom Airport** (AUS is the code) as your destination airport.

The hotel is 18 miles from the airport and is conveniently located near shopping, including a Whole Foods market.

## Transportation from Airport

Taxi or private car: \$55 (approx.)

Super Shuttle – Shared ride: \$19 (approx.)

Super Shuttle information and reservations:

<http://www.supershuttle.com/Locations/AUSAirportShuttleAustin.aspx>

## Parking and Traffic

Free parking at the hotel is available to all conference members (no pass required). Those driving to the event (not staying at the hotel) should plan accordingly for Austin rush hour traffic. The hotel is near a very busy freeway (which is good for access but can be slow during rush hour. Typically, 7:30 a.m. is the start of the bad traffic.

## Friday Morning Event Registration

Registration will be on Friday from 7:30 am – 9:00 am. Signs will be placed in the hotel to direct you to the registration desk and a name tag and your goodie bag will be waiting for you.

## VIP Meals

If you have purchased a VIP ticket, your Spring into Vitality name badge will be adorned with the VIP meal package ribbon, so **please keep your name badge with you at all times**. Meals will be provided in a dedicated location for Spring into Conference members (you'll be directed at the event to the special location).



**Special Note for Friday VIP Breakfast:** If you're a VIP member, please register on Friday morning as early as possible so that you can collect your VIP badge; your badge will be used to verify your access to the Friday morning breakfast.

## What to Bring

### Clothing:

Texas is a warm/hot climate; bring comfortable casual clothes made of breathable fibers such as 100% cotton: T-shirts, shorts, slacks, sundresses, exercise clothing, swimsuits, sneakers, and sandals.

It's possible we may include exercise sessions and speed bursts throughout our event, so make sure you wear comfortable clothing that will accommodate this.

You'll also want to bring warmer clothes and jackets for indoor air-conditioning and/or cool weather.

There is an indoor/outdoor swimming pool and workout room, so bring appropriate clothing if desired.

### Miscellaneous:

Other useful items are: calculator, note pad, sunglasses, hat, and sun block.

A camera may come in handy to capture all your memorable experiences. No video/audio recording is allowed during the event.

It is suggested to bring an extra collapsible bag, in case you need extra carry on space to bring items home. Make sure you have room in your suitcase for goodie bag items and potential raffle prizes.

## Tips to Prepare for the Event

**If you are attending as a VIP member**, our gourmet meals will feature sugar-free, dairy-free, gluten-free, plant-based foods, including a variety of raw and living foods. To make your transition to a whole foods diet easier, reduce your intake of gluten, dairy products, coffee, sodas and processed foods before you arrive.

**Scent-Free Event:** In keeping with our goal of health and well-being, this is a fragrance-free event. **Please Do Not** wear perfumes/colognes/essential oils as this could adversely and severely affect our chemically sensitive guests.