

Regional Conference Theme: *State of the Black Health: Living Well in the 21st Century*

Regional Conference Dates/Location/Hotel Details:

August 5-7, 2016 at Embassy Suites Columbus, 2886 Airport Drive: **CODE:** BBD

<http://embassysuites3.hilton.com/en/hotels/ohio/embassy-suites-columbus-airport-CMHATES/index.html>

Price: \$129 per night **plus** tax

- free parking,
- free airport shuttle service
- on-site laundry facility
- swimming pool (10 pm - 12 am, adult swim only),
- Free Buffet Breakfast (including omelets--made to order),
- Free WiFi
- Happy Hour-near hotel lobby-5:30pm-7:30 pm (free drinks/light appetizers)

All suites include:

- a compact refrigerator,
- mini-sink,
- microwave,
- couch,
- flat TV screen,
- modern bathroom and bedroom,
- and much more

Regional Conference Cost:

Paid BY July 15, 2016: **Only this guarantees conference program book and conference bag w/ goodies**

Members: \$85.00 Adults (Age 18 and older)
\$75.00 Senior Citizens (Age 55 or older: ID required) and College Students (ID and verification of current student status required)

Non-Members: \$95 Adults (Age 18 and older)
\$85.00 Senior Citizens (Age 55 or older: ID required) and College Students (ID and verification of current student status required)

Pay AT the conference CASH ONLY:

Members: \$100.00 (Regular and Senior Citizens)

Non-Members: \$110.00 Adults (Regular and Senior Citizens)

Children (17 & under): No Day Care or Day Programs for children provided

Children (17 & under) Individual Options PAY AT CONFERENCE—CASH ONLY:

Free admission to workshops (children must be with their parents **at all times**)

Opening Ceremony: \$15.00

Luncheon: \$25.00

Entertainment Night: \$15.00

Adult Individual Options PAY AT CONFERENCE—CASH ONLY:

Opening Ceremony: \$20.00

Luncheon \$50.00

Entertainment Night: \$30.00

Workshops only—\$25.00

Regional Conference Schedule (Tentative, may change):

Friday, August 5:

9:00 am – 6:00 pm	Registration	Embassy Suites
12:00 pm – 6:00 pm	Exhibition Area Open	Embassy Suites
1:00 pm – 2:15 pm	Workshop: Healthy Oral Health & Prevention Care	Dr. Portia Bell Team
2:15 pm – 2:30 pm	Break/Exhibition Presentations	Embassy Suites
2:30 pm – 3:45 pm	Workshop: ADA: Access to Communication—Access to Health	Shannon Moutinho
3:45 pm – 4:00 pm	Break/Exhibition Presentations	Embassy Suites
4:00 pm – 5:15 pm	Workshop: Taking Care of Your “HOUSE” (Body) Through Nutrition & Running!	Dr. David Geeslin
5:15 pm – 5:30 pm	Break/Exhibition Presentations	Embassy Suites
5:30 pm – 6:45 pm	Workshop: Let’s Talk Hair	K Issac Harris
6:45 pm – 8:15 pm	Dinner ON YOUR OWN	-----
8:15 pm – 11:15 pm	Opening Ceremony	Embassy Suites

Saturday, August 6:

6:30 am – 12:00 pm	Registration	Embassy Suites
9:30 am – 4:00 pm	Exhibition Area Open	Embassy Suites
7:00 am – 8:00 am	Workshop/Workout: Wake UP w/Sidney West—Fitness for Life	Sidney West
8:00 am – 9:30 am	Break/Breakfast ON YOUR OWN	Embassy Suites
9:30 am – 10:45 am	Workshop: State of Black Health: Awareness of Silent “Killers” in our Community & Preventive Self Care	Tobbi Reeves-Valentine, BRN, RN and Lori Lindsey, BRN, RN
10:45 am – 11:00 am	Break/Exhibition Presentations	Embassy Suites
11:00 am – 12:15 pm	Workshop: Becoming the BEST YOU!	Stephanie Smith Albert
12:15 pm – 12:30 pm	Break/Exhibition Presentations	Embassy Suites
12:30 pm – 2:15 pm	Derby Hat Luncheon/Keynote Speaker	Sidney West
2:15 pm – 2:30 pm	Break/Exhibition Presentations	Embassy Suites
2:30 pm – 4:30 pm	BDA Regional Meeting	Ronelle Johnson
4:30 pm – 8:15 pm	Explore EASTON/ON YOUR OWN	Carpool/Ride shuttle
8:15 pm – 1:00 am	Entertainment Night/Dance off Competition	Embassy Suites

Revised 7/7/2016