

### **...a unique conference with Spirit**

Embrace this opportunity to care for yourself, expand your educational base, enhance your professional practice, and build relationships and community with like-minded individuals. Special touches include:

#### **Live music**

Marcie Downing (Vocalist/Guitarist) [www.marciedowning.com](http://www.marciedowning.com)  
Midnite Groove (5-piece band) [www.skiproberts.com/midnitegroove.asp](http://www.skiproberts.com/midnitegroove.asp)  
Meg Sinclair (piano) [www.holisticprimarycare.com](http://www.holisticprimarycare.com)  
Roy King's Court Trio (jazz band) [www.cdbaby.com/Artist/RoyKing](http://www.cdbaby.com/Artist/RoyKing)  
Carol Spears (harpist) [www.heartinhands.com](http://www.heartinhands.com)

#### **Humor (courtesy of AHMA "comics")**

A good laugh can bring the mind and body into balance instantly, helping you connect with others, improve focus, and lighten your load.

#### **Morning Invigoration**

Over the course of his 45-year career, Edgar Cayce, who the AHMA deemed "the father of holistic medicine," prescribed a number of gentle exercises for his clients. They involve a series of gentle stretches done in standing position, so you don't need to bring a mat or worry about getting sweaty. You can do these exercises in your conference clothing. Be good to yourself - come and enjoy this invigorating, joyful series of exercises presented by Cayce fan and exercise practitioner Patrick Belisle.

#### **Aromatherapy**

It smells good, enhances your mood, boosts your immune system and helps to keep you awake = Attend more classes = Earn more CME's.

#### **Delicious, healthy food**

Selections include a chocolate lunch and a gala dinner with several international cuisine "stations". It will taste so good you won't believe that it's healthy.

#### **Beautiful ambiance**

Enjoy the glamour of the beautiful historic Cleveland Renaissance at an incredible value at only \$125/night.

#### **Dining Out**

Thursday and Friday nights are free for you to experience all that downtown Cleveland has to offer. Visit the **Historic Warehouse District**, or the **4th Street Entertainment District** (both within walking distance) for great dining and lively clubs. It's a short cab ride to **Little Italy** for a taste of truly authentic Italian cuisine. Visit [www.positivelycleveland.com](http://www.positivelycleveland.com) and click on Neighborhoods + Dining to view the diversity and excitement of all the downtown areas.

#### **Spouse/Guest?**

Are you bringing your spouse, friend or family? Cleveland has a lot of exciting venues to enjoy while you are visiting. Connected to the Renaissance, Tower City offers over 100 specialty shops, six full-service

restaurants, 11-screen theater, Time Warner Cable Amphitheater and easy access through a connected walkway to Progressive Field and Quicken Loans Arena. [www.towercitycenter.com](http://www.towercitycenter.com)

Few cities of comparable size can match Cleveland's mix of premier attractions and museums. Visit the house that Rock built and experience the music and stories of inducted rock-and-roll legends at the **Rock and Roll Hall of Fame + Museum**. The **Great Lakes Science Center** gets fun down to a science with interactive exhibits and a six-story OMNIMAX Theater.

Arts and culture enthusiasts will not want to miss University Circle, home to various museums and cultural institutions, including the **Cleveland Museum of Art**, **Western Reserve Historical Society**, **Cleveland Museum of Natural History**, **Cleveland Botanical Garden** and the world-renowned **Cleveland Orchestra**. From dinosaurs and classic cars, to emerald parks and smashed guitars, experience all the fun in Cleveland that will keep you coming back for more. Go to [www.positivelycleveland.com](http://www.positivelycleveland.com) for more information on all there is to do in Cleveland.