

Conventions are a fun experience ... you will learn, see new products, connect with old friends and make new friends. Being prepared for this wonderful experience is a key to enjoy the excitement and learn too.

Getting The Most Out Of Your Convention Experience – by Judy Daniel

- Be mindful to meet new people, not always sticking to your room-mate or those you'll see after conference.
- Say hello and ask 'How did you get involved?' Build side-line friendships.
- Collect personal stories, take selfies with new people you meet (good idea to text them a copy).
- Take pictures of yourself with leaders and on the stage for your Vision Board
- I used to take copious notes, but I found it better to JUST LISTEN. Don't feel you have to write down every word - you'll miss less, and you will have access to the recordings.
- Be present and in the moment.
- Be curious about people. Ask them about their most amazing experience, favorite thing (the patches, the Conference, life, etc.) and ask if you can record a little video of them answering you
- Expand beyond the Live Younger community
- Sometimes the best connections are often made on the way to or from the bathroom
- Be flexible in your dress, able to adjust for too hot or too cold. Wear comfortable shoes. Hydrate well. Be big on SELF-CARE.
- Go up to David Schmidt and introduce yourself. Introduce yourself to anyone you want to meet.
- Go to our LiveYounger Facebook page and make note of those you want to especially meet.
- Approximately 1100 are expected at the conference, of which. 200+ (close to 1 in 5) are part of our Live Younger Community!
- Have fun. Enjoy to the max!

Agenda Overview

- THURSDAY EVENING: General Reception,
- FRIDAY...WEAR-WHITE: Wear a white top all day so we can find one another.
- FRIDAY NIGHT PIZZA PARTY: Stay tuned for details.
- SUNDAY MORNING: LiveYounger Team Wrap-Up -9am – 11am: Location TBA

Things to Bring

- Immune Supporting Supplements – Ivermectin, Glutathione, Vit C & D, Zinc
- LifeWave Convention Ticket Confirmation Number
- Cell Phone & Charger
- Laptop & Charger/Tablet & Charger
- Good Battery/Power banks to charge portable devices
- Note Pad & your new LiveYounger Pen
- Name Tags on Computer/Back Pack/Purse etc. in case you leave it
- Light Jacket, Sweater or Shawl - Convention rooms can be cold... Air Planes too
- Snacks – trail mix, nuts, chocolate, nutrition bars
- Breath Mints/Gum
- Reusable Water Bottle – you can always fill up
- White Shirt – for Friday LYS Pizza Party
- Comfortable shoes
- And of course ...your LifeWave Patches!

Sunday Suggestions

1. If you are staying to play Sunday ... the Florida Sun is very hot
2. Sun Screen
3. Hat when you go outside to the pool or any of the area attractions
4. Sports Wear – Swim suit, shorts, etc.,
5. Sunglasses