

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 6000 are expected at the conference
- Have fun. Enjoy to the max!

### 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 & 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
- Comfortable shoes
- And of course ...your LifeWave Patches!