

National Organization for Rare Disorders, Inc. 2005 Annual Conference 55 Kenosia Avenue, P.O. Box 1968 Danbury, CT 06813-1968

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2005 NORD Annual Conference

With the National Institutes of Health (NIH) Office of Rare Diseases

This year the NORD Annual Conference focuses on healthcare reimbursement issues, providing you with resources to navigate your health insurance or help others to access Medicaid, the Children's Health Insurance Program (CHIP), or the new Medicare Prescription Drug Benefit.

NORD brings to the rare disease community a unique opportunity to explore resources, learn from experts, and network with other individuals who understand the needs and concerns of this involved audience. General sessions and workshops address issues of interest to individuals, family members, professionals, and leaders of voluntary health agencies and support groups. In a cooperative effort with the Office of Rare Diseases at the National Institutes of Health (NIH), the NORD Annual Conference offers a two-track format that provides workshops for patients and families, as well as for national voluntary health agency and support group leaders. Join NORD for this informative and dynamic conference.

Access to Medical Care: Navigating Medicare, Medicaid, and Private Insurance

September 30–October 2, 2005 Hilton Crystal City at Ronald Reagan National Airport, Arlington, VA Capitol Hill Visit September 29, 2005 (a pre-conference event)

- Learn the importance of knowing the "ins and outs" of health insurance, Medicare and Medicaid, and how proposed changes may affect you, your family, friends, and support group members.
- Gain knowledge about clinical trials and how bioethicists protect people who participate in medical research.
- Find out how Brain, Tissue and Blood Banks play an important role in rare disease research.
- Attend general sessions and workshops on issues that affect the orphan disease community: What is a drug formulary? How is "reasonable and necessary" defined? How do I appeal a negative decision by my insurer?
- Network with other individuals, family members, and voluntary health agency leaders who know and share your concerns.

A Conference You Won't Want to Miss!

Thursday, September 29, 2005 Capitol Hill Visit Orientation Pre-Conference Event - Pre-Registration and fee required

8:00 AM – 9:00 AM	Continental Breakfast for Capitol Hill Participants	
9:00 AM – 10:30 AM	Orientation for Capitol Hill Participants Abbey S. Meyers, President, NORD; Diane Dorman, Vice President Public Policy, NORD; Christopher Jennings, President, Jennings Policy Strategies, Inc.	
10:45 AM	Group leaves for Capitol Hill (transportation provided)	
11:30 AM	Arrive at Capitol Hill; Lunch at Longworth Cafeteria with Capitol Hill Staffer	
12:30 PM – 3:45 PM	Individual Congressional Visits (appointments pre-scheduled by attendees)	
4:00 PM	Return to Hilton Crystal City Hotel	
7:00 PM – 10:00 PM	Conference Check-In Decatur Foyer	
7:00 PM – 8:00 PM	NIH Focus Group (Limited seating) The NIH Office of Rare Diseases (ORD) Focus Group is an informal meeting of the staff of the ORD with leaders and/or representatives of voluntary health agencies. Pre-registration is required prior to the conference or at conference check-in.	

8:00 PM – 10:00 PM NORD Welcome Reception Decatur Room

Friday, September 30, 2005

7:30 AM	Rise & Shine–Coffee with Exhibitors Exhibitor Hall open until 5:00 pm	Decatur Room
7:45 AM – 8:45 AM	Continental Breakfast Sponsored by AstraZeneca, Inc.	Farragut Room
8:15 AM – 8:30 AM	Welcome Address Abbey S. Meyers, President, NORD	Farragut Room
8:30 AM – 9:30 AM	General Session: Understanding Your Rights as a Patient A representative from the Partnership for Human Research Protection (invited) discusses the focus of this organization, which is to protect the safety and rights of participants in clinical trials and research programs in public and private hospitals, academic medical centers, and other research facilities in the United States and abroad.	
9:30 AM – 10:30 AM	General Discussion: Bioethics and Rare Disease ResearchFarragut RoomDr. Doris Zallen will address ethical issues related to medical research, the rights of patients who volunteerfor research trials, and the responsibilities of research physicians and hospitals.Dr. Zallen is a Professorof Science and Technology Studies at Virginia Tech and author of "Does It Run in the Family: A Consumer'sGuide to DNA Testing for Genetic Disorders."	
10:30 AM – 11:00 AM	Refreshment Break All Refreshment Breaks are served in the Exhibitor Hall located in the Decatur Room	
11:00 AM – 12:00 PM	Panel Discussion: <i>The Financing of Clinical Trials</i> Representatives from the pharmaceutical industry, Center for Medicare and Medicaid S the insurance industry and the National Institutes of Health (NIH) join together to bring to on how clinical trials are funded. The panel includes William Aliski, Vice President of Co	their perspectives

Transkaryotic Therapies, Inc., and a representative from America's Health Insurance Plans (AHIP), Center for Medicare and Medicaid Services and National Institutes of Health. Hospitality Break Decatur Room

12:30 PM - 1:30 PM Lunch Farragut Room 1:15 PM - 1:30 PM NORD General Membership Meeting and Election Farragut Room 1:30 PM - 2:30 PM Panel Discussion: What is a Tissue/Blood/Brain Bank? Why Should We Participate? Rare disease scientists often rely on donated tissue from affected individuals. Families avoid thinking about this issue, sometimes until it's too late. This session will discuss the importance of tissue donations to advance research on many rare disorders. Members of this panel include John Lonsdale, PhD., Research Director at the National Disease Research Interchange (NDRI); Dr. Mendel Tuchman, Professor of Pediatrics, Biochemistry and Molecular Biology, Children's National Medical Center, Washington, D.C.; Jayne Gershkowitz, Executive Director, National Tay Sachs and Allied Diseases (NTSAD); and a representative from the National Institutes of Health (NIH). 2:30 PM - 3:30 PM Panel Discussion: The Importance of Medical Privacy Farragut Room Emily Stewart from the Medical Privacy Project at Georgetown University will review the importance of medical privacy and how you can protect your medical records. 3:30 PM - 3:45 PM **Refreshment Break** All Refreshment Breaks are served in the Exhibitor Hall located in the Decatur Room. 3:45 PM - 4:45 PM General Discussion: Private Insurance: Effect of Reimbursement Decisions on the Patient Community: How does the health insurance industry design formularies, and appeal processes? What is "reasonable and necessary"? A representative from America's Health Insurance Plans (AHIP) will shed some light on how insurance companies create their reimbursement policies and what to do if you or your doctor disagrees. 5:00 PM - 6:00 PM NIH Focus Group (Limited seating) The NIH Office of Rare Diseases (ORD) Focus Group is an informal meeting of the staff of the ORD with leaders and/or representatives of voluntary health agencies. Pre-registration is required prior to the conference or at conference check-in.

Saturday, October 1, 2005

12:00 PM

7:30 AM	Rise & Shine–Coffee with Exhibitors	Decatur Room
7:45 AM – 8:30 AM	Continental Breakfast Sponsored by AstraZeneca, Inc.	Farragut Room
8:15 AM – 8:30 AM	Welcome Address Maria Hardin, Vice President of Patient Services, NORD	Farragut Room
8:30 AM – 10:30 AM	Panel Discussion: Reasons Why Medicaid and Medicare Are Important to You Maria Hardin, NORD's Vice President of Patient Services, is joined by a panel of speakers who have expertise on Medicare and Medicaid issues and are involved with the changes that are on the horizon. Even if you are not a Medicare beneficiary you should not miss this session. Co-panelists are Dan Schreiner, Medicare Beneficiary Ombudsman for the Center for Medicare and Medicaid Services (CMS); Steve Grossman, President, HPS Group; and Don Moran, President, The Moran Company.	
10:30 AM – 11:00 AM	Refreshment Break All Refreshment Breaks are served in the Exhibitor Hall located in the Decatur Room.	

11:00 AM – 12:30 PM Track One and Track Two Breakout Sessions

12:30 PM - 1:30 PM

Lunch

Please refer to the Conference Booklet for Meeting Rooms. Workshops will focus on topics for Individuals/Families (Track 1) and for Support Groups (Track 2). Sessions held in the morning are repeated in the afternoon for the convenience of our attendees.

Track One Sessions: Individuals, Families, Caregivers

A. *Estate Planning for Special Needs:* Nadine Vogel, Assistant Vice President at MetDESK, and a mother of two daughters with rare disorders, will guide you through the maze of legal and financial information when planning a future for your special needs family member, be they your child, spouse, or sibling.

B. Choosing Healthcare Plans for Medicare Part D: An insurance representative will assist individuals with how to make the best decision for their health care needs.

C. *Who Will Listen to My Story? Getting the Attention of the Media:* Individuals and families are looking for ways to bring awareness to their disease through media contacts. How do you create the hook? Seasoned media experts Steve Sternberg, Health Staff Writer of USA Today, and Liz Nickels, NORD Board of Directors, explain the maze of publicity resources.

D. *Pros and Cons of Clinical Trials:* Dr. Doris Zallen and a representative from the National Institutes of Health (NIH) share advice with individuals on how to evaluate clinical trials, and what to expect if you volunteer for a research study.

Track Two Sessions: Voluntary Health Agencies

1. Equipping Organization Staff with Expertise to Help Clients Fill Out Medicare Applications: As the start date for Medicare Part D approaches, there will be challenges and questions that may be puzzling to your members. Maria Hardin, NORD's Vice President of Patient Services and Christin Engelhardt of Health Assistance Partnerships will provide tools to assist you and your staff in responding to their questions.

2. Coping Mechanisms for Patient Services Personnel: As your organization grows, you and your staff are faced with an increasing number of questions from individuals affected by a rare disease. Each of our panelists is an Executive Director of a rare disease support group who are well versed in developing patient services programs. This session will help your agency to handle phone calls, emails and other correspondence from your members. Participating in this workshop are Jayne Gershkowitz, National Tay Sachs and Allied Diseases (NTSAD); Estelle Benson, GBS/CIDP Foundation International; and Jim Broatch, Reflex Sympathetic Syndrome Association of America.

3. *Influencing Public Policy for Voluntary Health Agencies:* There is strength in numbers, especially when it comes to letting your elected officials know what national health issues are important to you and your membership. Learn how advocacy groups can make a difference on Capitol Hill and influence government policy makers. Diane Dorman, NORD's Vice President of Public Policy; Josephine Grima, PhD, Director of Research & Legislative Affairs, National Marfan Foundation; and Steve Grossman, President, HPS Group, will share their expertise and experiences.

Kelley, President, LA Kelley Communications, and mother of a son with Hemophilia, will share their expertise.

Farragut Room

4. *How to Increase Your Website Traffic:* Your website is one of your most important tools for communication. Discuss strategies for using the web effectively with Mary Dunkle, NORD's Vice President of Communications; Dana Rawding, President, Concision; and Rob Tomanio, NORD Medical Writer.

1:30 PM – 2:45 PM General Session: Private Health Insurance and Rare Diseases Farragut Room The US health insurance industry is becoming increasingly complex, focusing on cost cutting and de-emphasizing the unique needs of people affected by rare diseases. This session on private insurance will help you to understand how coverage decisions are made, how these policies are changing, and what this could mean for your standard of care. Michael Russo, Partner, The Bruckner Group and Laureen

2:45 PM – 3:00 PM **Refreshment Break**

All Refreshment Breaks are served in the Exhibitor Hall located in the Decatur Room.

3:00 PM – 4:30 PM **Track One and Track Two Breakout Sessions** Please refer to the Conference Booklet for Meeting Rooms. Workshops will focus on topics for Individuals/Families (Track 1) and for Support Groups (Track 2). Sessions are repeated in the afternoon for the convenience of our attendees.

Track One Sessions: Individuals, Families, Caregivers

E. *Estate Planning for Special Needs:* Nadine Vogel, Assistant Vice President at MetDESK, and a mother of two daughters with rare disorders, will guide you through the maze of legal and financial information when planning a future for your special needs family member, be they your child, spouse, or sibling.

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Track Two Sessions: Voluntary Health Agencies

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5:00 PM – 10:00 PM Washington, D.C. City Tour

Optional Social Event • Limited Seating/Pre-Reservations Required • Additional Fee \$40 per person

Sunday October 2, 2005

8:00 AM – 9:15 AM	Sunday Brunch Sponsored by AstraZeneca, Inc.	Farragut Room
9:15 AM – 9:30 AM	Morning Address Jean Campbell, Vice President, Development, NORD	Farragut Room
9:30 AM – 10:45 AM	General Session: Advocacy: Affecting Public Health Policy This session will look at all the ways individuals and organizations can state their case and have their voices heard by government policymakers. A variety of topics will be covered including the legalities of lobbying. Abbey S. Meyers, President, NORD, Diane Dorman, NORD's Vice President of Public Policy, and Steve Grossman, President, HPS Group, will lead this program.	
10:45 AM – 11:00 AM	Conference Closing Abbey S. Meyers, President, NORD	Farragut Room

General Information

Capitol Hill Visit This is a unique opportunity as a constituent to bring your opinions to those who represent you on Capitol Hill. NORD provides this venue to increase visibility for rare disease health issues on a national level. The Capitol Hill Visit is a special pre-conference event that encourages participants to make appointments with their State Representatives and/or their staff on Thursday, September 29th between the hours of 12:30 pm and 3:30 pm to educate them on what is important to you. The day begins at the Hilton Crystal City with breakfast and an orientation. Bus transportation to the Hill and a box lunch will be provided. **Registration is required along with an additional fee of \$40 per person.** Interested individuals should contact Jacqui Margres at the NORD Development Office as soon as possible at jmargres@rarediseases.org or by calling 203-744-0100 ext 252.

NIH Focus Group The NIH Office of Rare Diseases (ORD) Focus Group is an informal meeting of the staff of the ORD with leaders and/or representatives of voluntary health agencies. Everyone who is a leader or representative of a voluntary health organization is invited to attend. However, there is limited seating. Pre-registration is required prior to the conference or at conference check-in. The NIH ORD encourages anyone in a leadership position for a rare disease group who has not participated in a Focus Group before to take advantage of this opportunity. Sessions are Thursday, September 29th, from 7:00 pm to 8:00 pm and Friday, September 30th, 5:00 pm to 6:00 pm. Participants may attend only one focus group session during the conference.

Washington, D.C. City Tour Join us for a hosted tour and experience a sampling of what makes Washington, D.C., fantastic. During this 5-hour tour the guide will provide commentary of our Nation's Capitol and some of its monuments. Washington, D.C., is filled with exciting attractions, events, restaurants, clubs, shopping, culture, sports, recreation and entertainment that are unsurpassed on the East Coast. The excitement will start when we first enter historic Union Station, sometimes called the gateway to the city. Union Station is visited by over 25 million people a year and offers the most exciting and dynamic shopping destinations in the country. After dinner at Union Station we will enjoy a narrated tour of the Capitol, Washington Monument, White House, Jefferson Memorial, and recently constructed World War II Memorial. The tour will stop at the Lincoln Memorial for the opportunity to climb the marble steps to the temple that houses our 16th President. From there we will walk to the Vietnam Veteran's Memorial and Korean War Veteran's Memorial. The bus will bring us back to the hotel by 10 pm. So, if you're looking for a fun and informative tour of Washington, D.C., join us. Additional Fee of \$40 per person/Limited Seating/Reservations Required.

Exhibitor Hall This is a unique opportunity to learn about new products and services for the special needs community. You don't want to miss this display in the Decatur Room, Thursday at 7:00 pm until Saturday at 5:00 pm during conference hours. The Welcome Reception on Thursday evening will be in the Decatur Room from 8:00 pm to 10:00 pm.

Rise & Shine If you are an "early riser", this is the perfect opportunity for you to have your morning cup(s) of coffee and meet our exhibitors while checking out their products and services. A great way to start your day! Rise & Shine will be held Friday and Saturday mornings in the Decatur Room beginning at 7:30 am sharp.

General Conference Information The NORD Conference will be held at the Hilton Crystal City located at Ronald Reagan National Airport,2399 Jefferson Davis Highway, Arlington, VA 1-800-695-7551. For the comfort of all attendees, conference-meeting room, exhibit hall, and common areas are designated as non-smoking. Casual attire is appropriate for the entire conference.

How to Register Read the registration form carefully. Please complete the form and return it to the NORD Development Office by September 23, 2005. Following this date, registration will only be accepted on a space-available basis. Be sure to indicate any of your special needs in the appropriate section of the form. For each additional person attending the conference, you may photocopy the form, or contact NORD for additional registration forms. Full payment must accompany your form in order to process your registration. Send all forms to: NORD, Attn.: Donna Bolton, P.O. Box 1968, Danbury, CT, 06813-1968 Phone: 203-744-0100 ext 210 Fax: 203-798-2293 Email: dbolton@rarediseases.org

Scholarships A limited number of partial scholarships for conference registration will be available for NORD members only. These awards are based on financial need and are given on a first come, first serve basis. To inquire about the availability of partial scholarships, please send your written or e-mailed request to the NORD Development Office (dbolton@rarediseases.org) along with your conference registration form. Recipients of these scholarships will be contacted by September 23, 2005.

Hotel Reservations A limited number of rooms have been set-aside for conference attendees at the Hilton Crystal City located at Ronald Reagan National Airport, 2399 Jefferson Davis Highway, Arlington, VA 1-800-695-7551. The special room rate for NORD conference attendees is \$129 (plus tax) for a single or double room. All reservations must be made directly with the Hilton Crystal City by August 30, 2005 to receive the special room rate. Any reservations made after that date will NOT receive the conference room rate. To reserve a room, call the hotel directly at 1-800-695-7551; or register online at www.hilton.com or call the Hilton national reservations number at 1-800-HILTONS. Be sure to specify that you are with the NORD Conference to get the special rate. If you need a room equipped for people with disabilities, be sure to mention it at the time you make your reservation. There is no charge for children, 18 and under, when they occupy the same room as their parents or grandparents.

Hotel Information Hilton Crystal City at Ronald Reagan National Airport, Arlington VA Conveniently located in the heart of Crystal City, 2 blocks from the Metro, and three (3) miles from Washington, D.C., our Nation's Capital. Over 25 restaurants, and shops including a sports bar is located right outside the front door. Not to mention, the Crystal City Underground Mall one block away and the Fashion Center at Pentagon City Mall only a short distance away. You can visit their website, www.hiltoncrystalcity.com for more information on the facility.

Airport/Hotel Shuttle Service Complimentary shuttle service to and from Ronald Reagan National Airport, the Metro and Crystal City area is available at the Hilton Crystal City. Check with Ground Transportation at Reagan National Airport for additional information.

Conference Rooming Opportunities If you wish to share a room with another attendee, contact the NORD Development Office. NORD will make every attempt to put you in contact with other attendees who wish to arrange a roommate situation.

Conference Registration Cancellations Cancellation for your registration received by NORD prior to September 23, 2005, will be fully refunded less a \$30.00 administration fee per registrant. No refunds will be made after to September 23, 2005. Substitutions will be permitted. Please advise NORD of any changes. Refunds will be mailed after the conference and may take up to six weeks to process.

Conference Etiquette NORD has carefully planned a wonderful and informative meeting selecting important topics and inviting just the right speaker for each session. We are pleased to have so many experts in the field give their time and talents to our conference. Please make the most of this conference by attending and participating in the workshops for which you have registered. You'll be glad that you did!

Meeting Rooms All of the General Sessions and Panel Discussions will take place in the Farragut Room at the Hilton Crystal City at Ronald Reagan National Airport. Breakout Sessions on Saturday will be held in various meeting rooms within the hotel. Please consult the Conference Program for the location of the session that you have registered to attend.

Directions:

From Route 66 Eastbound towards Washington, D.C. Take Route 66 east to Route 110 to Route 1 South (Jefferson Davis Hwy). The Hilton Crystal City at National Airport is located approximately 1 mile down on the left-hand side of the road at the 23rd Street Intersection.

From I-95 Northbound Towards Washington, D.C. Follow I-95 North to Interstate 395 North. Continue on 395 North to South Glebe Road (7a) then exit. Stay on South Glebe Road until it dead ends on Route 1 (Jefferson Davis Hwy). Turn left on Route 1, go approximately one half mile and you will see the Hilton Crystal City at National Airport on the right-hand side. Turn right at the light (23rd Street) then immediately right again on Clark Street

From I-95 Southbound Follow I-95 across the Woodrow Wilson Bridge to Route 1 North exit. Stay on Route 1 North for about four miles; you will pass through Alexandria and proceed towards Crystal City. The Hilton Crystal City at National Airport is approximately one half mile on the right, about one block past the National Airport ramp.

From I-95 North Follow Interstate 395 North to Glebe Road Southexit (7a). Keep straight on Glebe Road and make a left on Jefferson Davis Highway. The Hilton Crystal City at National Airport is approximately one half mile on the right, about one block past the National Airport ramp.

From I-395 South and Downtown Washington, D.C. Follow Interstate 395 South and take the Crystal City exit, or Route 1. Stay on Route 1 for approximately one mile. The Hilton Crystal City at National Airport is on the left hand side at the intersection of 23rd Street and Route 1.

By Metro Arriving at the Crystal City Metro Station Come up the escalator to the street level. Turn left. Use pedestrian crossings through the traffic island. Walk along South Clark Place passing Crystal City Marriott hotel on your right (not the Marriott Crystal Gateway hotel; wrong direction). Turn right at the end of hotel and continue past the entrance of the hotel to the corner of 20th Street, Clark Street and Jefferson Davis Highway. Turn left on Clark Street and proceed along south Clark Street. The Hilton Crystal City at National Airport will be directly ahead of you just beyond the intersection of 23rd Street.

From National Airport Follow signs for Route 1/Route 66 (same sign) out of the airport to Route 1 towards Washington, D.C. Turn right at the first light, which will be 23rd Street. You will then make an immediate right on Clark Street. The Hilton Crystal City is 1/2 block on the right.

From Route 270 Rockville/Gaithersburg Area Follow Route 270 to I-495 South to the Cabin John Bridge. Exit just past the bridge onto George Washington Parkway South. Follow the Parkway to National Airport exit. Exit on Crystal City/Route 1. After crossing overpass to Crystal City, exit on Route 1 North and the Hilton Crystal City is at the bottom of the ramp on the right-hand side.

Conference Registration Form

If you need additional registration forms, please photocopy this form and fill one out for each person who will be attending.

Dr./Mrs./Ms				
First Name	Last Name			
Title/Affiliation				
(Applicable only if you will be representing a support group, organization or comp	any)			
Mailing Address				
•				
City	State Zip Code			
Daytime Telephone Number	Email Address			
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Please indicate (if applicable):	Deviaturation Develling			
Have you attended a NORD Conference before?	Registration Deadline:			
Ses: Year or Place:	Full payment and registration form must			
□ No	be received by September 23, 2005.			
	Send to: NORD • Attn. Donna Bolton • P.O.Box 1968			
What is your relationship to the person with the rare disorder or disability?	Danbury, CT 06813-1968 • (203) 744-0100 x 210			
□ Self □ Parent □ Spouse □ Sibling □ Relative or Friend □ Other:	Fax:(203) 798-2293 • E-mail:dbolton@rarediseases.org			
	NORD [®] Conference Registration and Optional Tour Fees			
Yes, I have special needs (handicap-equipped room, hearing/visual	NORD Member \$ 135.00			
aids, dietary restrictions, etc.). If so, please specify. (Note: If you are in	NORD Non Member \$ 170.00			
need of a specially equipped room, please advise the Crystal City Hilton	Additional Family or \$ 50.00			
when making your reservations).	Organization Member (over age of 12)			
	One-Day Visit \$ 50.00			
Yes, please list my name for any Conference Networking Programs	Capitol Hill Visit (optional event) \$ 40.00			
available under the following disorder:	Washington,D.C. City Tour (optional event) \$40.00			
	Total Amount Enclosed: \$			
	Please make all checks payable to NORD			
Yes, I give NORD permission to indicate the above disorder	If you prefer to use a charge card, please fill in below:			
on my nametag and registration materials.	MasterCard Visa Amex Discover			
Yes, I would like to be considered for a partial scholarship (registration	Card Number			
fee) for the NORD Conference. My written request is enclosed.				
	Expiration Date			
Please indicate if you will attend the following optional events	Name on Card (print)			
Capitol Hill Visit				
Thursday 9/29 Pre registration required Cost \$40	Signature			
Washington, D.C. City Tour				
Saturday 10/1 Pre registration required Cost \$40	Please circle one workshop for morning and afternoon for each day.			
	DATE ANDSESSION TRACK ONE TRACK TWO			
NIH Focus Group	Sat.Oct.1st Morning A B C D 1 2 3 4			
Pre-registration required; Limited seating	Sat.Oct.1st Afternoon E F G H 5 6 7 8			
Please select one:				
Thursday September 29th 7:00PM – 8:00PM	Please indicate if you will be attending the following:			
□ Friday September 30th 5:00PM – 6:00PM	Continental Breakfasts 🛛 Friday 🗖 Saturday 🗖 Sunday			
	Luncheons 🛛 🗖 Friday 🗖 Saturday			