

**I still have a question. Can you help?**

You'll find lots of additional information online at [nationalwellness.org](http://nationalwellness.org). If you don't find the answer online, we are happy to help. Prior to the NWC, e-mail [nwc@nationalwellness.org](mailto:nwc@nationalwellness.org) or call 715.342.2969. If a question arises during the Conference (July 16-22), look on site for a National Wellness Institute staff member (we'll all be sporting purple NWC shirts) who will be happy to assist you, or e-mail [nwc@nationalwellness.org](mailto:nwc@nationalwellness.org) if you haven't arrived on campus yet.

**FREQUENTLY ASKED QUESTIONS, PAGE 1****1. How do I get to the National Wellness Conference?**

For travel information, visit [nationalwellness.org](http://nationalwellness.org). Remember, if you are staying at the Ramada and wish to utilize their complimentary airport shuttle service (from/to CWA only), you must call 800.998.2311 to reserve the shuttle **three weeks prior to NWC**.

**2. I made it to Stevens Point! Now where do I check in?**

Check-in is located in the Noel Fine Arts Center (NFAC), UW-Stevens Point, 1800 Portage Street. A campus map is available at [http://www.uwsp.edu/tour/PDF/UWSP\\_CampusMap\\_bw.pdf](http://www.uwsp.edu/tour/PDF/UWSP_CampusMap_bw.pdf)

Check-in Hours:

Fri.: 4 p.m. - 6 p.m.

Sat. & Sun.: 7 a.m. - 7 p.m.

Mon.: 7 a.m. - 9 p.m.

Tues. & Wed.: 7 a.m. - 4 p.m.

Thurs: 7 a.m. - 1:30 p.m.

**3. I'm ready for the dorm life. Where do I check in if I am staying on campus? And, what's included?**

Check in during regular registration hours (see Question #2 above) to receive your housing assignment. If arriving after hours, check in at Baldwin Hall, 425 Isadore St.

Bathrooms are centrally located on each floor. Linens, towels, and a pillow are provided. There are no phones or televisions in the rooms. Fans and refrigerators are available upon request. Requests for fans should be made when you check in to the residence hall. You can rent a refrigerator on site at NWC Registration (Room 121, NFAC). See Question #7 for campus Internet connection information. Items not provided that you may wish to bring: alarm clock, shower shoes, bathrobe, hair dryer, toiletries.

**4. Where do I park on campus?**

Parking permits are required to park in all campus lots, Monday through Friday. If you have purchased a parking pass, it will be included with your registration materials when you check in. Permits can be purchased on site at NWC Registration (Room 121, NFAC). Visit [nationalwellness.org](http://nationalwellness.org) for additional details.

**5. I'm hungry. Where do I eat?**

Pre-purchased meal tickets will be included with your registration materials when you check in. The campus dining hall will be open for lunch only Saturday and Sunday; and for breakfast, lunch, and dinner Monday through Thursday. Campus meal plans can be purchased on site at NWC Registration (Room 121, NFAC) or individually at the dining hall. For a list of local dining establishments, visit [spacvb.com](http://spacvb.com).

**6. I want to earn some continuing education credits (CECs) at NWC. What do I do?**

If you have registered for Continuing Education Credit, check in at NWC Registration (Room 121, NFAC) before you start attending sessions to pick up your Sessions Evaluation and Attendance Verification form. You may also register on site for CECs. Participants must attend an entire session to earn credit for that session. Visit [nationalwellness.org](http://nationalwellness.org) for a list of approved CEC providers.

Undergraduate and graduate university credits are also available through the University of Wisconsin-Stevens Point. Visit [uwsp.edu](http://uwsp.edu) for details.

**7. I need to check my e-mail! Can you "hook" me up?**

All NWC guests can receive free Internet access while at UWSP. Guest logons have been created for you and will allow Internet access in the Computer Lab (LRC) and at the Kiosks around campus. Logons will expire on Friday, July 23. Logons can be obtained for use by participants 18 years and older in NWC Registration (Room 121, NFAC).

Wireless networking is currently available in all campus buildings, as well as the residence hall study lounges and front desk area. A network account is required to use campus wireless network services or residence hall wireless network services. For more information on the wireless network, including coverage areas and setup instructions, visit <http://www.uwsp.edu/it/Network/Wireless/index.aspx>.

## NWC 2010 FREQUENTLY ASKED QUESTIONS, PAGE 2

8. **My session rocked! Is there a place I can purchase the presenter's book, CD, DVD...or the audio recording from the presentation?**  
Check out the Conference Bookstore, sponsored by Whole Person Associates, located in Room 201, NFAC. Many presenters' resources will be available--plus, watch for information about book signings! See the program resource manual for hours.

### **\*\*BOOK SIGNINGS & SPECIAL EVENTS AT THE NWC BOOKSTORE\*\***

On Monday evening, following the concert with David Roth and keynote with Rovenia "Dr. Ro" Brock, PhD, David's CD will be available through the NWC Bookstore. Plus, there will be a booking signing with Dr. Ro!

Tuesday morning, be sure to stop by the book signing with Martin Collis, PhD, immediately following his keynote (9:30 a.m.), and on Wednesday morning there will be a book signing with NWC presenter Michael Arloski at 11:30 a.m.

IntelliQuest Media offers instant MP3 transfers to attendees who want quick access to audio recordings of most NWC sessions. All you need to do is stop by the Intelliquest desk with a thumbdrive or your laptop and they will transfer the session (for \$2 less than the CD price). Purchase audio CDs from IntelliQuest Media at the table adjacent to the Conference Bookstore (Room 201, NFAC).

For additional wellness products and services, stop by the NWC Exhibit Hall.

9. **Are handouts available for NWC sessions?**

In an effort to be more green, hard copies of session handouts will not be available on site. Handouts, if available, may be downloaded at [nationalwellness.org](http://nationalwellness.org) (search by title or presenter by clicking on the links in the "Info Center" on the right-hand menu). Handouts will remain online for approximately two months following the NWC.

If desired, you may purchase hard copies of session handouts to be picked up when you arrive in Stevens Point (or to be shipped to you following the NWC). DigiCopy, a local printing company, will print them for you at a 10% discount and have them ready for you to pick up upon your arrival in Stevens Point. (DigiCopy is located just a hop, skip and a jump from UWSP campus at 428 Division Street.) Contact Jenny Larsen or Shelly Martin at [stevenspoint@dcopy.net](mailto:stevenspoint@dcopy.net) or 715.295.9606. Be sure to mention that you are with the National Wellness Conference to receive your discount.

10. **I'm excited to attend the Main Conference but would really like to add a Pre-Conference Certificate or Intensive program. Can I?**  
Sure! Just call 715.342.2969 to add a program to your registration. Register as soon as possible to guarantee your spot!

11. **I only signed up for Pre-Conference Certificate program and now I'm bummed that I'll be missing all the great sessions and events during the Main Conference. Is there still time to sign up for the Main Conference?**

Of course! Just call us at 715.342.2969 and you can register for the Main Conference at the discounted rate of \$500.

12. **I heard there's a 5K Run/Walk during the NWC. How do I register?**

The Take-A-Step 5k Run/Walk takes place Tuesday, July 20, at 6 p.m. Open to all NWC participants and the Stevens Point community, this event benefits domestic and sexual abuse victim services provided through CAP Services' Family Crisis Center. Visit [nationalwellness.org](http://nationalwellness.org) for details. Register by July 1, 2010, and save on your registration fee.

13. **I'm ready to pack up my things and head to the NWC. What am I forgetting?**

\* sneakers, workout clothes, swimsuit, and/or yoga mat for the 5K, wellness activities, and/or a morning workout

\* '70s retro gear for the flashback dance on Wednesday night (We're going to get our groove on in celebration of NWC's 35th anniversary!)

\* business cards for Tuesday night's Speed Networking (and to share with all the new friends you're sure to make at the NWC!)

\*flashdrive/thumbdrive for audio recordings of your favorite sessions

\*items for dorm livin' (if staying on campus) . . . See Questions #3

\*hard copies of session handouts . . . See Question #9

\*umbrella, light jacket

\*comfortable clothes--business casual/casual . . . whatever you are comfortable in (just save the bathing suit for the pool!)

14. **Something's come up and I won't be able to make it to the NWC (sniff, sniff). What's your cancellation policy?**

Should you be unable to attend, a substitute delegate is welcome at no extra charge. A charge of 25% of the registration fee will be made for cancellations received *in writing* by July 1, 2010. No refunds will be given for cancellations received after July 1. E-mail cancellation notification to [nwc@nationalwellness.org](mailto:nwc@nationalwellness.org) or mail to National Wellness Institute, PO Box 827, Stevens Point, WI 54481.

15. **I couldn't fit my bike in my luggage. Is there a place I can rent one?**

Outdoor EdVentures and Rentals serves the UWSP campus and community by providing quality equipment and experiential programs that support education in the areas of outdoor awareness, environmental ethics, and wilderness travel. Visit their website at [www.uwsp.edu/centers/healthwellness/outedven/index.asp](http://www.uwsp.edu/centers/healthwellness/outedven/index.asp) for details on bike rentals and more, or call 715.346.3848.