

General Information

Date and Times

Our 25th Anniversary *LIV: Living in Vitality* Conference will be held Friday, September 30th. Registration will open at 7:30 am; the program will begin promptly at 8:30 am; the conference will end at 4 pm.

Location and Parking

The event will be held at the Overland Park Convention Center, located just off I-435 between Metcalf and Nall. The address is 6000 College Boulevard, Overland Park. Free parking is available on the north side of 110th Street. Enter through the lower level of the Convention Center. You can also enter the parking area off of College Boulevard by heading north on Lamar.

We encourage you to carpool with others to enhance parking and conserve fuel.

Tickets

No tickets will be mailed this year. You will receive your name tag, gift bag, and ticket entry into our door prize drawings at registration on conference day. All single ticket seating is general admission. If you are part of a group who paid for a full table or a sponsor of the conference, you will maintain the same table number throughout each keynote session. **Those who have purchased multiple tickets should submit the names of their guests and their emails immediately to liv@AdventHealth.com.**

If you purchased a table or are a sponsor who receives multiple tickets, you should have received an Excel Spreadsheet to fill out with the names of your guests. If you did not receive this form, please email kate.buenger@adventhealth.com or liv@adventhealth.com.

Breakfast & Lunch

A continental breakfast will be available to all participants starting at 7:30 am. An elegant lunch will be served at 11:45 am. Please let us know if you have any special dietary requests via the *LIV* Information Line, 913-676-7694, or email to liv@AdventHealth.com.

Sponsor Booths

The sponsors of *LIV* will have booths in the foyer on the upper level. The booths will be open throughout the day. Several of our vendors will have merchandise for sale and many will be donating a percentage back to the *LIV* conference.

Health Screenings

A variety of health screenings will take place during the event. All screenings are free and are available on a first-come first-served basis. **AdventHealth will offer flu shots for free to the first 200.**

Breakout Sessions

Each attendee will have the opportunity to attend one breakout session in the morning and one in the afternoon. For the most up-to-date list of sessions, visit AdventHealthKC.com/LIV. Breakout session sponsors will have information about their organizations in their sponsored sessions. You are free to arrive in your session early or stay a few minutes after the session to learn more. If there is a "Session is Full" sign on the door, please choose another session.

LIV Fund

Your contribution allows us to produce *LIV* for the women of Kansas City. While other events strive to attract only the elite with ticket prices associated with a typical charity event, our ticket price is a low \$50 per person. Over the years, we've maintained this affordable amount to encourage a diverse audience to attend. We truly want this program to make a difference in the health of Kansas City women. We are also happy to offer ticket scholarships for those who may request assistance. The real cost to produce the event is more than \$250 per person which is why sponsorship is essential to the underwriting of the conference expenses and preserving the high quality for which *LIV* is known.

AdventHealth Frontline Support Fund

The COVID-19 pandemic has forever changed health care. Through wave after wave, frontline workers, including nurses, respiratory therapists, CAs and others, have worked tirelessly to care for the sick, who at times overwhelmed our health care system. Some chose to leave the profession, leaving the dedicated with fewer team members to battle each surge. With a limited pipeline of nurses and other health care professionals, the industry will be facing worker shortages and thus high levels of stress for years to come. At AdventHealth, we put our people first. Without them, we can't care for the community we've been called to serve. The AdventHealth Kansas City Foundation has set up a fund to support our caregivers. This fund will allow us to put programs in place to send that extra "thank you" for their ongoing dedication to the health of our community.

To donate to either fund visit Make a Gift — AdventHealth Kansas City Foundation (adventhealthkcfoundation.com) and choose *LIV* under the designation tab.

Questions

If you have questions about *LIV*, call the *LIV* Line at 913-676-7694, email liv@adventhealth.com or visit AdventHealthKC.com/LIV for information.

Living in Vitality

Celebrating 25 Years

Tentative Agenda – subject to change

- 7:30 am **Registration**
Visit sponsor booths and health screenings
Continental breakfast
- 8:30 am **Welcome and Morning Keynote, Exhibit Hall**
Kelly Eckerman and Lara Moritz,
KMBC 9 and KCWE 29, Emcees
Keynote: Recharge Your Brain and Your Life
Heidi Hanna, PhD
- 10:05 am **Health Break**
Visit sponsor booths and health screenings
- 10:35 am **Breakout Sessions**
**Meeting Rooms 1-7 (lower level),
Ballrooms A1 & A2**
Choose one of nine breakout sessions on topics
related to your health, well-being and personal safety.
- 11:45 am **Lunch, Exhibit Hall A**
Kelly Eckerman and Lara Moritz,
KMBC 9 and KCWE 29, Emcees
Keynote: Don't Wait, Recalibrate!
Stay Tuned for More Laughs and Less Stress
Janna Stanfield
Drawing for prizes (must be present to win)
- 1:15 pm **Health Break**
Visit sponsor booths and health screenings
- 1:40 pm **Breakout Sessions**
**Meeting Rooms 1-7 (lower level),
Ballroom A1 & A2**
Choose one of nine breakout sessions on topics
related to your health, well-being and personal safety.
- 2:25 pm **Health Break**
Visit sponsor booths and health screenings
- 2:45 pm **Afternoon Keynote, Ballroom**
Love and Laughter
Dr. Yakov Smirnoff
Drawing for prizes (must be present to win)
- 4 pm **Event Concludes**

Submit your survey and receive a rose.

Sponsored by Barbara McGrath, MD, Plastic Surgery

Our sponsors and donors have graciously donated the following items to be included in a door prize giveaway. Be sure to drop your ticket in the basket. These are just a sampling of our door prizes. Must be present to win.

One year family membership to the Jewish Community Center of Greater Kansas City. Valued at over \$1,500. Donated by the Jewish Community Center of Greater Kansas City.

Garmin Golf Bundle, (2) Approach S42 and (1) R10. Valued at \$900. Donated by Garmin International.

Grilling set valued at \$500, donated by Twyla Rist and Associates.

Four tickets on the Club Level plus a parking pass for the Nov. 27 Chiefs game against the Los Angeles Rams. Valued at over \$1,300. Donated by Bethany (LIV co-founder) and Lee Derrough.

Two \$250 gift cards to Van Brock Jewels.

“Get Fit” Basket – you have the motivation to get fit, now you have the gear to get there! Includes a Lululemon gift card. Valued at \$500, donated by CBIZ.

Join AdventHealth Whole Health Institute for a full-day retreat on October 28, plus four weeks of virtual sessions with each provider to learn how to lower your risk of breast cancer. The program features interactive lessons from integrative and naturopathic medicine experts, metabolic and nutrient blood work, cooking demos with delicious healthy foods, yoga/meditation sessions, hands-on make and take activities, and much more! This program is valued at \$950.

*prizes are subject to change

Dress

Casual dress and comfortable shoes are appropriate for the conference. Please consider bringing a wrap or sweater – we want you to be comfortable.

Follow and tag us on Instagram and Twitter at AdventHealthKC, use #LIV25.