



FAMILY WELLNESS INSTRUCTOR TRAINING INFORMATION FOR CHICAGO, ILLINOIS

Training Dates: Monday, Tuesday & Wednesday, February 6, 7, & 8, 2012

Training Emphasis: COUPLES

Times: 8:30 a.m. – 5 p.m. (4 p.m. on last day)

Training Location:

Centro San Martin
1910 S. Ashland Ave.
Chicago, IL 60608

Airports

Midway (MDW) is approximately 8 miles from the training site.

O'Hare (ORD) is about 21 miles from the training site.

Hotels:

If you will be renting a car or driving your own car, ask the hotel if they have a parking package. Feel free to check out other hotels for a better deal.

Holiday Inn Chicago-Downtown, 506 W. Harrison St., Chicago, 60607, 312-957-9100;
Approximate cost: \$120-150/night, complimentary internet. Ask about Chicago Free Parking Package that includes breakfast; 3 miles from training site.

Hampton Inn & Suites Chicago-Downtown, 33 W. Illinois, Chicago, 60654, 312-832-0330.
Approximate cost \$85-140/night; complimentary breakfast & internet; valet parking only at \$42/night; 4.5 miles from training site.

Doubletree by Hilton Hotel Chicago-Magnificent Mile, 300 E. Ohio St., Chicago, 60611;
Approximate cost \$89-139/night; Parking \$43/night; 5.5 miles from training site.

Fairfield Inn & Suites Chicago-Downtown, 216 E. Ontario St., Chicago 60611, 312-787-3777; approximate cost \$144/night, includes valet parking, continental breakfast and internet; 6 miles from training site.

**For questions or to register, call 888-543-3809, register online at
www.familywellness.com or email michelle@familywellness.com**