



FAMILY WELLNESS INSTRUCTOR TRAINING INFORMATION FOR JACKSONVILLE, FLORIDA

Training Dates: Thursday, Friday and Saturday, February 2, 3 and 4, 2012

Times: Thursday: 6 p.m. to 10 p.m.; Friday and Saturday: 8:30 a.m. to 5:30 p.m.

Training Emphasis: Couples

Training Location:

Project S.O.S.

7845 Baymeadows Way

Jacksonville, Florida 32256

Airport:

Jacksonville International Airport (JAX) is approximately 25 miles from the training site.

Hotels:

Homewood Suites Jacksonville, 8737 Baymeadows Rd., Jacksonville 32256, 904-733-9299; Approximate cost: \$99-159/night, complimentary self-parking, breakfast & internet.; Approximately three-quarters of a mile from training site.

Embassy Suites, Jacksonville-Baymeadows, 9300 Baymeadows Rd., Jacksonville 32256, 904-731-3555; Approximate cost: \$139/night; Complimentary self-parking and cooked to order breakfast; 1.5 miles from training site.

Hampton Inn Jacksonville-I-95 South, 4690 Salisbury Rd., Jacksonville 32256, 904-281-0443; Approximate cost: \$59-84/night; Complimentary self-parking, continental breakfast and internet; 4.75 miles from training site.

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

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