

*Serenity in Stamford - Region 6 2009*  
*Tips For Experienced Convention Attendees*

Welcome to the 2009 convention! Since you've been to the R6 annual event before you know what to expect in terms of the types of meetings, the keynotes and other regular features of convention. Here are a few things that are new this year or unique to Stamford for you to keep in mind as you plan your convention experience:

- ✓ First time attendees will have a green dot on their nametags. Please look for these and go out of your way to make them feel welcome (remember how scary your first time was?)
- ✓ The Hospitality Table has emergency supplies (bandaids, safety pins, etc.) as well as information about local shopping, restaurants and sights.
- ✓ It is never too late to sign up for service. Visit the Service Table to see what slots are open.
- ✓ The Marriott Hotel has a spa facility. Check with the hotel early if you want to schedule spa treatments. (These are not included in your registration)
- ✓ There will be a weighing station at meals. If you brought equipment to weigh and measure your food, please do so at the weighing station.
- ✓ If you have questions, go to the Hospitality Table or look for someone with an "Ask Me" sign or ribbon.

*Have a wonderful convention.*  
*We're glad you are here.*

