



2014 Education Conference
March 7-9
Lexington, Kentucky
Embassy Suites

Inspiring Vitality



*Instructors: Debra Koerner - Gloria Coppala
Ann Boone - Jen Patterson - Susan Salvo
B. Axel Dell DC - Eric Stephenson*



The AMTA Kentucky Chapter 2014 Spring Conference

Dear Fellow Massage Therapist,

Whether you want to dive into in-depth study or receive your education through interesting short classes you will find it at this year's AMTA-KY Spring Conference. Our theme is "Inspiring Vitality" and we believe that this meeting can truly make a difference in your practice and your life.

Our instructors are first-rate! We considered all of your comments from last year to select a dynamite program. You will be taught by internationally known educators and authors to include, Susan Salvo, Gloria Coppola, Eric Stephenson and Debra Koerner. Locally known educators, Dr. Axel Dell, D.C. and AMTA-KY's own Sports Massage Team Leaders, Ann Boone and Jennifer Patterson will round off our weekend classes. These courses will inspire you, will teach you new hands-on techniques, and will prepare you to approach clients in a new and different way. Some courses may change the way you perceive your ability to attract clients, others will broaden your understanding of your clients and their conditions. Overall this conference is guaranteed to "Inspire Vitality" for your profession, your clients and your career.

Our location is amazing and getting to the conference hotel is easy too! This year we will be returning to the fabulous Embassy Suites Hotel, conveniently located just off I-64/75 in Lexington. All rooms are suites with kitchenettes and sitting rooms and all registered hotel guests receive a full complimentary breakfast each day (and evening cocktails).

To promote a sense of community, three meals are included in our incredibly low registration fee for full time attendees. Once again, there will be a terrific silent auction, exciting door prizes, and the return of our Consignment Shop where you can buy and sell new and gently used massage-related products. Our new and improved Marketplace will have new and returning vendors on hand for your shopping pleasure. We are privileged to announce that The Dennis Behm Company will also be returning with their full service supply store.

Returning this year by popular demand is our "Sanctuary". Receive a massage or simply take time out and "chill" in the sanctuary where a comfortable, quiet space is being held just for you after a long day of classes.

Registration opens January 1, 2014. Be certain to register early so that you can secure your class selections of choice! Perhaps the online registration at www.amtaky.org will make your registration process go smoothly.

I look forward to seeing you in March!

Collette Wilson, President
AMTA Kentucky Chapter

KEYNOTE SPEAKER



Manifest Your Own Journey into Wellbeing,

Debra Koerner – Journey into Wellbeing® is a reality-based TV series following host and founder Debra Koerner, a Natural Health Explorer as she travels state to state and has her ho-hum health habits hijacked by personal trainers, life coaches, health conscious chefs, yoga instructors, and holistic healers. But more than that, it is the manifestation of Debra's dream – an alignment to her higher purpose.

Believing every person has the right to access all the great things life has to offer, Debra offers insight on how each of us can manifest our greatest desires.

Attendees will be invited to explore their greatest gifts and question what might be holding them back. Attendees will be encouraged to courageously begin their own Journey into Wellbeing.

Flawless Guest Experiences, Debra Koerner, instructor (3 CE hours)

Have you ever felt as if you could do more to ensure you have a full practice? If so, this is the class for you. Learn how to define your own Client Experience unique to you and your practice. Walk hand in hand with the client through the massage experience and become aware of those areas which are most likely to increase or decrease their satisfaction. Explore concepts that encourage guest loyalty so you don't have to work so hard to keep your practice thriving. Many of these tactics can be inexpensively implemented into your practice.

Key Points

- The importance of client satisfaction
- Walking the massage service path with the client
- Loyalty tactics for a thriving business
- Confident re-booking



Work Smarter Not Harder, Gloria Coppola, instructor (3 CE hours)

This class provides tips and tools for working massage therapists that will help to protect their wrists and hands, thereby prolonging their careers. The instructor will discuss and demonstrate proper mechanics and how to apply deep tissue techniques without much pressure. Relying on 25+ years of experience, Gloria Coppola will share her experience to avoid massage therapist burn out.

Supplies: One massage table for each two participants

Lomilomi, Gloria Coppola, instructor (12 CE hours)

This course is the perfect introduction to Lomilomi, a sacred and nurturing Hawaiian art form of healing and massage. It is a heart-centered healing modality that provides for a deep healing space.

With the use of Lomilomi, massage therapists can enhance their practice in a variety of ways:

- Learn a new nurturing loving touch to provide to your clients.
- Take the stress off your hands by learning Lomilomi and how to correctly use your forearms for a complete process you can integrate into your current massage.
- Bring the practitioner to a deeper or more connected level to a spiritual side of healing work.

Supplies: One massage table needed for each two participants



Gloria Coppola has been practicing for over 25 years and is founder of Massage Pro C.E. and Marion Wellness Center in North Carolina. She has traveled nationally to work with massage schools to offer continuing education training; her areas of study include advanced craniosacral therapy, chakra healing, reiki, myofascial release, medical massage, Lomilomi, neuromuscular therapy, foot reflexology, Thai massage, hot stone massage, and more! Gloria has published in FutureLMT.com, Massage Today, and Massage Magazine. Gloria's first book *Both Ends of the Rainbow*, her healing journey through Lomilomi, is now available. Gloria is the Executive Director and one of the founders of Massage Without Borders, a non-profit organization for massage professionals

Understanding the PNS, Dr. Axel Dell, instructor (3 CE hours)

How does knowledge of the peripheral nervous system affect your ability as a massage therapist? Could compression of the sciatic nerve cause your client's thigh pain? How can carpal tunnel-like symptoms be caused by the nerves in the neck? This course covers the peripheral nerve system with focus on the various plexuses, their innervations and pain patterns. Using knowledge of the PNS we will explore assessment and treatment options. The course will also cover the cranial nerves that innervate muscles that can directly impact massage therapy treatment.

Supplies: none required



B. Axel Dell, DC, LMT is a licensed, practicing chiropractor and massage therapist. He graduated from Palmer College of Chiropractic in 2001 and Spencerian College Louisville in 2009. He assisted in curriculum development for the Spencerian massage therapy program and has been teaching science-related classes such as anatomy, physiology and kinesiology in the medical department at Spencerian College since 2009. His interest in providing continuing education classes resulted in presenting "Neurology for Massage Therapists", taught at the AMTA-KY Chapter 2013 summer meeting. His teaching style is entertaining but fact-filled. Axel Dell, DC maintains a private practice in Louisville, Kentucky.

From Elite Athlete to Weekend Warrior Part I: Treatments for common shoulder injuries, Ann Boone, instructor (3 CE hours)

Participants will learn to assess and treat common shoulder injuries suffered by elite and amateur athlete alike. Range of motion tests will assist in pinpointing muscles for more efficient treatment, trigger point/neuromuscular therapy to treat and intake assessing client's activities of daily living to reduce perpetuating factors. Laws of physiology will be referenced.

Supplies: massage table, breast drape and/or sports bra, lubricant, bolsters/pillows for sidelying work. Participants should also dress in layers to accommodate for changing room temperatures. Blanket recommended.



Ann E. Boone has been studying/practicing massage and bodywork since 1979. She graduated from Lexington Healing Arts Academy (LHAA) and has taught kinesiology, ethics, and neuromuscular therapy there since 1999. Ann's bodywork training includes sports massage, lymphatic drainage, craniosacral therapy, visceral manipulation, trigger point/neuromuscular therapy, Active Isolated Stretching, and equine massage. She has co-chaired the AMTA-KY Sports Massage Team with Jen Patterson since 2009. Her practice has involved being the team therapist for the University of KY men's basketball team, UK men's track team as well as numerous jockeys and exercise riders in the Thoroughbred racehorse industry in Kentucky, California, New York and France.

From Elite Athlete to Weekend Warrior Part II: Treatments for common lower extremity injuries, Jennifer Patterson, instructor (3 CE hours)

Participants will learn how to effectively assess and treat common lower extremity injury conditions including piriformis syndrome, IT band friction syndrome, shin splints and plantar fasciitis. Range of motion and special orthopedic tests will assist in specifying specific muscles for increased efficiency in treatment.

Supplies: massage table, shorts or lose-fitting pants for easy access to the leg and hip, bolsters/pillows for side-lying work. Participants should also dress in layers to accommodate for changing room temperatures. Blanket recommended.



Jen Patterson, holds a Bachelor's degree in Kinesiology- Exercise Science from the University of Kentucky and has practiced for the last 12 years as a licensed massage therapist. She currently teaches at Lexington Healing Arts Academy and runs a private massage practice. A founder of AMTA-KY Sports Massage Team, Jen co-chairs the team with Ann Boone. She has been a member of the Louisville Ironman massage team, and has worked and/or traveled with various sports teams including UK men's swim and dive team, football team, and University Of Alabama women's soccer team. Jen's massage and bodywork training includes certification in orthopedic massage, sports massage, lymphatic drainage therapy, trigger point/neuromuscular/myofascial therapy, Active Isolated Stretching, and Kinesio-taping.

Ethics, Susan Salvo and Gloria Coppola, instructors (3 CE hours)

Ethics is doing the right thing at the right time for the right reason. Every therapist has encountered awkward situations. Did you know what to do? Massage experts Gloria Coppola and Susan Salvo will expand your perceptions by playing your personal devil's advocate. You'll navigate the world of ethics where your own prejudice or a client's motivation can change how you approach a situation. Using informed consent as a discussion platform, you will gain a deeper understanding of the process while improving the quality of client care. This is the most interesting ethics class you've ever taken.

Supplies: none required

Remember, three hours of Ethics are required for Kentucky license renewal!

Five Fast Tracks to Filling Your Practice, Debra Koerner and Eric Stephenson, instructors (3 CE hours)

Imagine focusing your creative energy on five proven tactics for attracting and keeping clients! This visual, interactive presentation shows how to turn clients into raving fans using a client survey, feedback, consumer research, communication skills and treatment planning. Leave with a template for multi-session treatment plans and learn simple ways to fill your practice- all without spending any money on advertising!

Supplies: lecture class; no supplies required

Debra Koerner, former Fortune 250 executive, co-partnered with Eric Stephenson to create a company in the massage industry that would help therapists extend their careers. Together they launched imassage, Inc. and Success From the Start with F.A. Davis Publishing.

Fueled by a desire to make a difference in the world Debra created, produced and hosted a television show titled Journey into Wellbeing which includes some of the world's leading health experts and wellness sanctuaries; the pilot premiered in 2013 on PBS stations nationwide.

Debra's journey inspires anyone who ever wondered what it would be like to wake up refreshed each morning, or simply tackle stressful schedules with Zen-like calm and confident energy.



Eric Stephenson creates continuing education focused on career longevity for massage schools, spas, and professional organizations nationwide. He is a former lead

instructor of the Lexington Healing Arts Academy in Lexington, Kentucky, helping in the design of the hands-on massage curriculum. This road warrior spends 35 weeks a year presenting to audiences nationwide He has presented at the American Massage Therapy National Convention, The International Spa Association Conference, The World Massage Conference, Esthetique Spa International Shows and AMTA state conventions. Eric is a regular contributor to Massage Magazine, Pulse and Skin, Inc.



12 NEW Deep Tissue Techniques for 2014, Eric Stephenson, instructor (6 CE hours)

New for 2014*, it is "All massage- All day" during this one-day, hands on workshop. This course is a must if you loved the 21 Deep Tissue Techniques workshop or if you are looking for a great introduction to the imassage Deep Tissue approach. Learn techniques with our career longevity signature.

Techniques to address the tibialis posterior, arm flexors, quadriceps, rhomboids and many more

Fresh approaches for treating many common conditions including headaches, tennis elbow, medial shin splints and lower back pain

Save your hands with our "No Thumbs" Deep Tissue approach

Learn Core Body Mechanics for career longevity

Supplies: One massage table for each two participants

"Where It Is, It Ain't": Successfully Treating Lower Back Pain, Eric Stephenson, instructor (6 CE hours)

Experts estimate that as much as 80% of the population will experience a back problem at some time in their lives. This class will focus on the many competing forces that pull on the pelvis and how they contribute to lower back pain. Students will learn:

How interconnected fascial planes create back pain

To recognize an anterior/posterior pelvic tilt

The relationship between facilitated and inhibited musculature

Deep tissue techniques for the quadratus lumborum, iliopsoas, rectus femoris, plantar fascia and the hamstrings

Supplies: One massage table for each two participants

Educator's Event: Improve Lessons with Case Studies,

Susan Salvo, instructor (3 CE hours)

Let's face it, students learn best by examples. With case-based learning, students can refine their critical thinking skills and reflective judgment as they discuss real-life scenarios. Students often discover that very few situations can be tackled in one specific way. In fact, students learn to predict problems that can arise with certain approaches; they learn to be professionally proactive.

Case studies themselves can range from simple to complex; some cases involve detailed descriptions with accompanying data to analyze. The case study you select for your lesson depends on your objectives.

Learn how to use case studies and role-play guided-discussions that you can use when you return to the classroom.

Supplies: none required

TMJ Massage, Susan Salvo, instructor (3 CE hours)

Do your clients have TMJ disorders? Statistics indicate that it affects 35 million people in the United States and 90% are women. Learn the causes, signs, symptoms, and simple yet effective techniques that can help clients who have this painful condition. Susan blends massage therapy with neuromuscular, craniosacral, and Trager techniques into one fantastic routine. Bring your tables and your willingness to learn!

Supplies: one massage table for each two participants

Massage for Special Populations, Susan Salvo, instructor (6 CE hours)

As therapists, we serve a diverse clientele such as individuals who are pregnant, who are elderly, or who have cancer. Each population has its own unique set of treatment considerations. This course will provide you with the latest information on how to properly screen clients for complications and the appropriateness of massage techniques. Special emphasis will be placed on formulating client-centered and condition-appropriate treatment plans.

Supplies: one massage table for each two participants

Pharmacology & Massage, Susan Salvo, instructor (3 CE hours)

Many clients use medications, some of which can have a significant impact on the session. What is the most crucial side effect of hormone replacement therapy? Of statin drugs? Massage expert Susan Salvo will discuss the drug administration and highlight commonly used meds such as those used for pain control, as antidepressants, and for management of cardiovascular and diabetic conditions. This class will give you confidence to make save practice decisions.

Supplies: none required

Self-Care for Massage Therapists, Susan Salvo, instructor (3 CE hours)

Massage can be a physically and emotionally demanding profession. Massage therapists often have difficulty setting limits and may overextend themselves, which leads to burnout. Let Susan Salvo be your professional coach as she shares secrets of her long and successful massage career. During the class, we will review basic principles of health and body mechanics, participate in reflection activities, and design a personalized self-care plan that takes into account your needs and aspirations. Come get re-energized!

Supplies: none required, except imagination



Susan Salvo is a Board Certified, State Licensed Massage Therapist, and nationally known author; publications credits include *Massage Therapy: Principles and Practice* and *Mosby's Guide to Pathology for the Massage Therapists*. She was a task force member of the Massage Therapy Body of Knowledge Project. Susan has a Master's in Education and is currently working on a Master's in Behavioral Psychology. Susan owns Bodyworks Massage Therapy teaches regularly at the Louisiana Institute of Massage Therapy. Ms. Salvo founded the AMTA-LA sports massage team and is a charter member of the LA Chapter. She strives to create a unique educational environment of discovery and engagement.

Important Conference Information

- **Hands on classes** require that *bring a massage table*. You should also plan on bringing sheets, lubricant and a pillow. If specific items are needed for particular classes, you will be told what to bring in confirmation letter. A limited number of tables will be available for rent.
- **Extra meal ticklets are available.** If you are not registering for the FULL Conference (which includes three meals) and would like to join us for any of the community meals throughout the conference, don't forget to purchase your meal tickets in advance with your registration. Extra meal tickets are also available for guests.
- **Student Status** must be proven by attaching verification of your student status on school letterhead to receive the reduced registration rate. Graduates who have student AMTA membership can still register as students.
- Credit cards, personal checks and money orders are accepted as payment. *We cannot hold class space unless payment has been received.*
- **AMTA-KY Disability Policy:** This event is in compliance with the Americans with Disabilities Act (ADA). We verify that the facility meets the ADA Accessibility Guidelines, and that we can provide additional assistance to individuals falling under the ADA, and can provide reasonable accommodations to enable a person with a disability to participate in the meeting or event.
- You will receive a confirmation letter within 2 weeks of receipt listing your class selections, an invoice and other important information all via e-mail. If you do not have an e-mail address you will receive a letter in the regular mail.
- **Cancellation Policy:** All cancellations must be made in writing. Cancellations postmarked until March 1 will receive a refund minus a \$25.00 administrative fee. Cancellations postmarked after March 2, 2014 are non-refundable.

Consignment Sale in Fayette Room

Bring clean, gently used items you no longer need and we will help you sell them. AMTA KY volunteers will display your items and sell them at your asking price. You must claim your profits and your unsold items by 1:00 pm, Sunday, March 9. Funds not collected after 1 pm will be donated to the Massage Therapy Foundation. Items not collected will be donated to Goodwill.

A sampler of items you might sell includes:
table linens • massage related books • CDs •
massage table • pillows • equipment • room
decorations

the sale will be run by therapists for therapists.
The chapter will not charge for helping you, but
will cheerfully accept donations.

Sports Massage Team Meeting 1:45- 2:15 pm Saturday Afternoon

Right after the
AMTA-KY
Business Meeting
Coldstream Ballroom 4&5
New Members Welcome!



Sanctuary Saturday Night

A place with comfortable chairs, to exchange
massages with relaxation music, for peace and
calm, or to practice yoga.



REGISTRATION FORM

AMTA Kentucky Education Conference, March 7-9, 2014

REGISTRATION INFORMATION

Please complete all information and print clearly or register online at www.amtaky.org. Registration opens the first week of January, 2014. See also IMPORTANT CONFERENCE INFORMATION on the following page.

Name _____

First Name for Badge _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone(_____) _____

AMTA # (req'd for discount) _____

(Your AMTA # can be found on the address label of your Massage Therapy Journal just above your first name or on your AMTA wallet card. **Do not give us your KY License #.**)

CONFERENCE FEES

	AMTA Member	Non-Member	Student*	My Cost
Full Conference (18 CEs, includes 3 meals)	260	285	115	
One Day (6 CEs, includes 1 meals)	150	175	55	
Extra Non-Included or Guest Meals				
Friday Dinner	35	35	35	
Sat Dinner	35	35	35	
On-Site or Late Registration (after Feb 21, 2014)	50	50	50	
TOTAL PAYMENT DUE				

*Student Event and Educator Event on Friday is FREE

MORE QUESTIONS

- Yes, I am a student and will be attending the FREE Event and have selected the afternoon course I would like to attend if space is available.
- Yes I am a student and I have attached verification of my student status on school letterhead to receive the reduced full or one day conference student rate.*
- Yes, I am interested in room sharing at the hotel. Please put my name on the Room Sharing List.
- Yes, I will be bringing a table for table classes.
- Yes, I will need to rent a table (limited number of tables are available)
- Yes, I have items to sell at the Consignment Shop.
- Yes, I would like to volunteer to help at the conference. (Class monitors, greeters, on-site registration, staff, silent auction)

MAIL REGISTRATION FORM WITH PAYMENT TO :

AMTA –KY Chapter
Amy Moertle
5734 Farm field Drive
Mason, Ohio 45040

Make checks Payable to AMTA-KY

CONFERENCE REGISTRATION QUESTIONS

can be directed to:
Registrar@amtaky.org

Justin Magnuson
(502)303-5161
Amy Moertle
(513)-304-5734

COURSE SELECTION FORM

Friday Morning

Choose one (X).

9:00 am – 12:00 pm

Educator Event 3 CE hours

Friday Afternoon

1:00 pm – 4:00 pm

5 Fast Tracks to Filling YOur Practice 3 CE hours

Working Smarter 3 CE hours

TMJ 3 CE Hours

Lunch Vegetarian Other Restrictions _____

Friday Evening

6:30 pm – 9:30 pm

Ethics: The Heart of our Profession

Dinner Vegetarian Other Restrictions _____

Saturday Morning

Choose one (X).

8:00– 11:00 am

Lomi-Lomi 12 CE Hours (All Day Sat and Sun)

12 New Deep Tissue Techniques 6 CE Hours (All Day Sat)

Working with Special Populations 6 CE Hours (All Day Sat)

Flawless Guest experiences 3 CE Hours

Lunch Vegetarian Other Restrictions _____

Saturday Afternoon

2:30 pm – 5:30 pm

Lomi-Lomi 12 CE Hours (All Day Sat and Sun)

12 New Deep Tissue Techniques 6 CE Hours (All Day Sat)

Working with Special Populations 6 CE Hours (All Day Sat)

Understanding the PNS 3 CE Hours

Dinner Vegetarian Other Restrictions _____

Sunday Morning

Choose one (X).

8:30– 11:30 am

Lomi-Lomi 12 CE Hours (All Day Sat and Sun)

"Where it is, it ain't" Successfully Treating Lower Back Pain 6 CE Hours (All Day Sun)

AMTA-KY SPorts Massage Team 6 CE Hours (All Day Sun)

Pharmacology 3 CE Hours

Sunday Afternoon

Choose one (X).

1:00– 4:00 am

Lomi-Lomi 12 CE Hours (All Day Sat and Sun)

"Where it is, it ain't" Successfully Treating Lower Back Pain 6 CE Hours (All Day Sun)

AMTA-KY SPorts Massage Team 6 CE Hours (All Day Sun)

Self care 3 CE Hours

All of the above classes are approved by the National Certification Board for Therapeutic Massage and Bodywork

PROGRAM AT A GLANCE

	Coldstream	Coldstream	Coldstream	Bourbon	Other *
Friday Morning 9:00 am- 12:00 pm			*Educator Event (3CE) *Student Event		
Noon – 1:00 pm	<i>Student & Educator Luncheon in Paddock Grill (Private Party)</i>				Vendors open 2:00pm-4:30 Conference Registration opens at 11:00am
Friday Afternoon 1:00 – 4:00 pm	5 Fast Tracks to Filling Your Practice: Stephenson & Koerner (3 C.E.)	Not available	Working Smarter: Coppola (3 C.E.)	TMJ Massage: Salvo (3 C.E.) (Open to LMTs only/no students)	
4:30 pm	<i>Welcome: AMTA-KY President</i>				Vendors open
5:00 – 6:00 pm	<i>Dinner & Keynote Address: Debra Koerner</i>				6:00 pm–10ish
6:30 – 9:30 pm			Ethics: The Heart of Our Profession. Salvo & Coppola (3 CE)		Supply Store in Clark Rm
					Registration opens at
Saturday morning: 8:00 am – 11:00 am	Lomi-Lomi: Coppola (12 C.E.)	12 New Deep Tissue Techniques: Stephenson (6 C.E.)	Working with Special Populations: Salvo (6 C.E.)	Flawless Guest Experiences: Koerner (3 C.E.)	7:00 am Vendors open
Noon -1:45pm	<i>Lunch & AMTA-KY BUSINESS MEETING</i>				10 am- noon Consign. Shop in Fayette Rm
1:45pm – 2:15 pm			Sports Massage mtg		Vendors open 1:30 pm-7pm
Saturday afternoon: 2:30 pm – 5:30 pm	Lomi-Lomi continued: Coppola	12 New Deep Tissue Techniques continued: Stephenson	Working with Special Populations continued: Salvo	Understanding the PNS: Dr. Dell (3 C.E.)	
Saturday night 6:30 pm -9:00 pm			<i>Dinner and Awards</i>		Silent Auction closes at 6:30 pm
9:00 pm – 11pm 9:00 pm	Note: Daylight Savings Time change		SANCTUARY <i>Yoga class</i>	SPRING your clocks FORWARD	
Sunday morning 8:30 am– 11:30 am	Lomi-Lomi continued: Coppola	“Where it is, it ain’t:” Successfully Treating Lower Back Pain: Stephenson (6 C.E.)	From Elite Athlete to Weekend Warrior Part 2 continued: Patterson (3 C.E.)	Pharmacology: Salvo (3 C.E.)	Registration opens at 7:30 am, Vendors open
11:30 am – 1:30 pm	<i>Lunch on your own</i>				8 am -1:30pm
Sunday afternoon 1:00 pm – 4:00 pm	Lomi-Lomi continued: Coppola	“Where it is, it ain’t:” Successfully Treating Lower Back Pain continued: Stephenson	From Elite Athlete to Weekend Warrior Part 1, continued: Boone (3 C.E.)	Self-Care: Salvo (3 C.E.)	



AMTA-KY Chapter
Member Services
c/o Collette Wilson
5502 Hashbrook Drive
Louisville, Kentucky 40229-2942

www.amtaky.org

Hotel Information

The Embassy Suites Lexington, boasts a beautiful setting in the heart of Kentucky's Bluegrass Country at The University of Kentucky's Coldstream Research Campus. The Legacy Trail connects the hotel to the Horse Park and downtown Lexington for cyclists, walkers or runners looking for some exercise. Bluegrass Airport is also just three miles away. Hotel suites at our stylish hotel are spacious and feature two rooms with plenty of home comforts. **Breakfast, cocktails and snacks are included in the room rate.**

Check-in time is 3:00 pm and check-out time is 12:00 pm

AMTA-KY Chapter has reserved a block of rooms with a special rate of \$109.00 plus tax. **Reservations must be made by February 21, 2014.** Call 1-859-455-5000 and make sure you mention the AMTA-KY Chapter room block in your correspondence.

1801 Newtown Pike, Lexington, Kentucky 40511

