



Make the Most of Your UVCA Fall Convention Experience!



CONVENTION EXTRAS



Special Appearance by Dr. Fab Mancini

Friday, 2:00-5:30 p.m.

Bring the whole team to Roanoke in time to catch over three hours of chiropractic passion and joy from Dr. Fab! *Sponsored by invisa-RED.* And if you'd prefer something more clinical, attend "Protocols for the New Paradigm in Healthcare" by **Dr. Robert Silverman** during the same time period. *Sponsored by Erchonnia Corp.*



Morning Ritual & Warmup for Team Success

Saturday, 7:15-7:35 a.m.

Reminiscent of your morning office staff team huddles and warmups, **Dr. Zach Thomas of MLS Seminars** will help you start your day off with incredible energy!



ChiroLadies Dinner

Saturday, 7:30-9:00 p.m.

This new tradition provides a relaxed, fun way for women attending the convention to get together. Will be held at nearby **Well Hung Winery**. Space is limited **so text Dr. Carly Swift at 757-358-0700** to reserve your spot.

Saturday Night Spizz

Saturday, 9:00 p.m. to ?



A casual gathering of doctors/staff/family who want to share the love of Chiropractic with others. Come be involved, listen, and share your passion. All are welcome. Will be held in the hotel conference center (room TBD). Hosted by **Drs. Diane DeReu-Foley and Carly Swift**. No RSVP needed.

Right Next Door

The **Hotel Roanoke's enclosed walkway** delivers you – and/or the family members and friends accompanying you this weekend -- to the **Taubman Museum of Art** and all that downtown Roanoke has to offer--**see page 2!**





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DOWNTOWN ROANOKE HIGHLIGHTS



GO OUTSIDE Festival

Friday - Sunday, October 13-15

Explore, discover and wander through downtown to try your hand at outdoor activities and enjoy live music and films. Test drive a bike, demo a stand-up paddleboard, learn to fly cast, join a race, sample craft beer, take in a pro-athlete show or dance in a silent disco! Schedule & info: www.roanokegofest.com/schedule/



Taubman Museum of Art

Fri. - Sat. 10:00 am - 5:00 pm, Sun. 1:00-5:00 pm

A world class museum and architectural wonder, internationally renowned architect Randall Stout took special care to honor naturalistic elements of the Roanoke region in the museum's design. Admission is **free!** Small group tours at 1:00 p.m. daily for a small fee. Info: www.taubmanmuseum.org/



Salt Foot Spa & Adventure Center

Hours Vary

Located inside the **Hotel Roanoke**, the Salt Foot Spa & Adventure Center (www.saltfootsanctuary.com) offers spa services, yoga, bike rentals, kayaking, golfing, culinary tours, and more. Call 540-853-8275 or email info@SaltFootSanctuary.com for an appt.



Virginia Museum of Transportation

Tues. - Sat. 10:00 am - 5:00 pm, Sun. 1:00-5:00 pm

Located in downtown Roanoke's century-old freight station, the museum has been collecting and preserving the Commonwealth's transportation history since 1963 and houses a great collection of steam, diesel, and electric locomotives. Family-friendly and chock-full of interactive exhibits and artifacts: www.vmt.org



Silent Disco

Friday and Saturday Nights, 9:00 - 11:00 pm

DJs spinning tunes to wireless headphones - you have to experience it to fully understand. Bring friends and grab a pair of headphones (first-come-first-served) to the best dance party in town. Peter Pan playground (upper Elmwood Park).

To search for other events and performances taking place while you're in Roanoke: www.visitroanokeva.com/things-to-do/events/