



## CONFERENCE ESSENTIALS: PART 1

### START MAKING THE MOST OF THIS YEAR'S CONFERENCE

Our *Conference Essentials* three-part email series will help you prepare for the largest Meals on Wheels Annual Conference and Expo yet! This first edition includes things you can do now to begin getting ready.

#### 1 DOWNLOAD THE 2019 CONFERENCE APP TODAY!

Have an iPhone or Android smartphone? If so, you can download the Conference App and have everything you need right at your fingertips. Get started now to manage your schedule and connect with fellow attendees. Don't forget to check out the new Matchmaking function which will help you match with sessions, attendees and exhibitors based on your interests to maximize your networking opportunities! For detailed instructions, check out our [Conference App Guide](#).

#### 2 GOT A ROOM?

Last chance for discounted rooms! There are still rooms available at the hotel where the Conference is taking place, the Sheraton Dallas Hotel. Reserve your room [here](#) or by calling 214-922-8000. Discounts will end Friday, August 9.

#### 3 GET YOUR FREE UBER RIDES

As the official rideshare partner of America, Let's Do Lunch™ and a proud supporter of Meals on Wheels America, Uber is generously providing each 2019 Conference attendee with a promo code that will cover up to \$25 off two rides for your on-the-ground transportation in Dallas between August 25 and 30.

Don't have the Uber app on your phone, yet? It's free to download! Just search for it in the app store on your mobile device and follow the prompts to get started. Find more help [here](#).

To redeem our promo code, open your Uber app. Tap the three bars in the upper left-hand corner. Tap "Payment" and scroll down to tap "Add Promo Code." Type in the promotion code **MOW2019** and tap "Add."

#### 4 WATCH OUR CONFERENCE ORIENTATION WEBINAR

Whether you're a first-timer or a seasoned Conference veteran, our on-demand 2019 Conference Orientation webinar is designed to get you ready for Dallas and make the most of your time while you're there. Join Sammi Heffron, Manager of Learning and Development, and Leah Lekson, Manager of Membership and Engagement, for a quick run-through of what to expect at the 2019 Conference.

[WATCH THE RECORDING NOW](#)

[DOWNLOAD THE SLIDES](#)

#### 5 REGISTER FOR A PRE-CONFERENCE WORKSHOP BEFORE IT'S TOO LATE

Come a day early to kick-start your Conference experience with [Pre-Conference Workshops](#). The following courses are designed to spark learning and enhance your 2019 Conference experience:

**10:00 a.m. to 12:00 p.m. – Healthcare 101**

- *An Introduction to Partnerships and Possibilities*

**1:30 p.m. to 4:30 p.m. – Intensive Workshops**

- *Imagining an Innovative and Sustainable Future Through Creative Thinking (hosted by The National Resource Center on Nutrition and Aging)*
- *Social Enterprise Fundamentals*

Space is limited, and an additional registration fee between \$35-\$60 is required to attend.

**6 PLAN YOUR FREE NIGHTS IN DALLAS**

Ideally situated in the Dallas Arts District, the Sheraton Dallas Hotel is right in the heart of the largest contiguous metro arts district in the country. Here, you'll find the Dallas Museum of Art (admission is free!) and several performing arts centers, allowing you to easily explore the city without straying too far from the hotel.

Rather get outside? If you'd like to get some fresh air to kick off your morning or wrap up the day's events, you're in luck! Just a 10-minute walk away from the Sheraton Dallas Hotel is Klyde Warren Park, a beautiful public park open daily from 6 a.m. to 11 p.m. offering free fitness and dance classes, food trucks and more!

Are you extending your stay in Dallas? Whether you're a history buff, an outdoors enthusiast or an art aficionado, you'll find an attraction to suit your interests. Start your planning!

Keep an eye out for **Conference Essentials: Part 2** next week, which will cover things to keep in mind once you arrive in Dallas. Feel free to contact [membership@mealsonwheelsamerica.org](mailto:membership@mealsonwheelsamerica.org) with any Conference questions or concerns in the meantime. We look forward to seeing you soon!

**THANKS TO ALL OUR 2019 CONFERENCE SPONSORS**

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