



## Your Event Day Guide

*Hello Ladies!*

We are exactly one week away from *Spring Synergy:*

*Bringing Together the Best in Women's Wellness!* We

are so excited to host you for this transformative afternoon. To ensure you have the best experience possible, we've put together this quick guide for next Saturday, May 16th.

### Location & Arrival


The event will be held at **Nygren Chiropractic & Acupuncture**: 118 ½ N. Walnut St. Van Wert

- **Timing:** Doors open at 1:15 PM. The event begins promptly at 1:30 PM.
- **Parking:** Street-side parking is available directly in front of the office. Additionally, we have permission to use the **fenced-in parking lot across the street** for the duration of the event.
- **Pro-Tip:** We recommend arriving early enough to allow for parking and getting settled without feeling rushed.

### The Spring Synergy Flow

The afternoon is designed to be both informative and interactive. Here is how our time together will unfold:

1. **The Power Talks:** We will begin all together with a series of high-impact introductions. Each of our 6 experts will share what they are passionate about to give you a foundation of knowledge for the day.
2. **The Synergy Circuit:** Immediately following the speeches, we will move into the interactive portion of the afternoon. You will rotate through the clinic in small groups to ensure an intimate, uncrowded experience at every stop.
3. **The 7-Station Rotation:** Check your "Bouquet Card" to see where you start first. Each station will have a room number and the speaker's logo. You will spend 7 minutes at each location. This includes 6 expert "Deep Dives" and one dedicated stop at the **Kitchen Bar** to fuel up and learn about hormone-healthy nutrition.
4. **The Bouquet Card:** As you move through the rooms, your experts will initial the flowers at the top of your card. Once you have all 6 initials, drop your card in the drawing basket to be eligible for door prizes at the end. (Be sure to grab a snack and a beverage during your scheduled Kitchen rotation!)

 **Bonus "Talk Time":** We know 7 minutes goes by fast! If you find a topic you want to dive deeper into, **most of our experts will be sticking around for an extra hour** after the circuit ends. This is your time for additional Q&A and one-on-one "talk time".

## Your Journey Through the Office:

Room	Speaker	The Focus
Room 2	Dr. Nichole	AcuGraph Screenings & Insights
Room 3	JJ McClain	EFT & The 5 Fields of Health
Room 4	Trisha Martin	Gen-X Vitality & Functional Strength
Room 6	Kim Runser	Hormone Decoding & Functional Labs
Room 7	Kali Small	Trigger Point Release & Tension Relief
Room 8	Dr. Shayna	Pelvic Floor Foundation & Strength
Kitchen	Vitality Bar	Foods to boost brain, hormones, and protein!

## Door Prize Drawing

We will be concluding the afternoon with our door prize drawings! We have several high-value gift baskets from our amazing speakers and local sponsors. **Your completed circuit "bouquet card" is your ticket to win, and you must be present for the drawing!**

If you have any questions before the event, feel free to text us at **419-238-4387**.

We can't wait to see you for an afternoon of wellness insights and personal connection!

*In Health,*

*Dr. Nichole Nygren & The Spring Synergy Dream Team*

