



INFORMATION AND DIRECTIONS
Raleigh Convention Center • Saturday, May 22, 2010
500 South Salisbury Street, Raleigh, NC 27601 • 919-996-8500

7:30 am Registration and Health Fair open • 9:00 am-5:00 pm Conference and Health Fair

The opening session sets the stage for the whole day. We recommend you make every effort to be in your seat at 9:00 am.

FOOD: The first food (light snack and beverage)we offer is at 10:40 AM during the morning break. We suggest you eat prior to arrival or bring additional snacks if you might need them. Lunch will begin at 12:30 PM. There will be NO food provided after lunch. Please bring snacks if you might need them. Beverages will be available in the Health Fair throughout the afternoon

CLOTHING: We suggest you bring a SWEATER or JACKET and wear COMFORTABLE SHOES.

DROP-OFFS: can be made at the Convention Center main entrance

PARKING: Parking is \$7.00 per day per vehicle at the **Performing Arts Center Deck** and **Raleigh Marriott City Center Garage**

HANDICAPPED PARKING: Parking is available at the Performing Arts Center Deck and Raleigh Marriott City Center Garage

GETTING TO THE RALEIGH CONVENTION CENTER AND ADJACENT PARKING:

*From all directions, once you turn RIGHT onto South Sanders Street Stay in the right hand lane. South Sanders splits and the right lanes become McDowell St. Turn RIGHT onto Lenoir St. Raleigh Convention Center will be on the left. Entrance to parking is on the right immediately after the turn onto Lenoir (Performing Arts Center Deck) OR one block ahead on Lenoir on left (Raleigh Marriott City Center Garage).

FROM I-40: Take exit 298B South Sanders St. towards Downtown Raleigh. Turn RIGHT onto South Sanders St. (*See Above)

FROM FAYETTEVILLE/ I-95 NORTH: Take exit 81 to merge onto I-40 West towards Raleigh. Take exit 298B South Sanders St. towards Downtown Raleigh. Turn RIGHT onto South Sanders St. (*See Above)

FROM SANFORD/SOUTHER PINES/US 1 NORTH: From US-1 North take exit 1A to merge onto I-40 EAST. Take exit 298B South Sanders St. towards Downtown Raleigh. Turn RIGHT onto South Sanders St. (*See Above)

FROM GOLDSBORO/KINGSTON/US 70 WEST: Take US-70 West toward Clayton. Take ramp onto I-40 West toward Raleigh. Take exit 298B South Sanders St. towards Downtown Raleigh. Turn RIGHT onto South Sanders St. (*See Above)

FROM ROCKY MOUNT/WILSON: Take US-64 WEST/I-440 E exit towards Benson/Durham/I-40. Merge onto I-440S/US-64W. Take exit 298B South Sanders St. towards Downtown Raleigh. Turn RIGHT onto South Sanders St. (*See Above)

MORE DRIVING DETAILS: Call the Convention Center at (919) 996-8500 or visit:
<http://www.raleighconvention.com/index.php/homepage/event-planning/parking-directions>
OTHER QUESTIONS? Call TCOYD (800) 998-2693 or (858) 755-5683