



Information for those who have registered for Vital Aging 2019 and will attend at the Convention Center:

We at the County of San Diego Health and Human Services Agency, Aging & Independence Services (AIS) are excited that you have registered for **Vital Aging: Live Well to Age Well!** We look forward to seeing you on **Wednesday, June 19th, 2019, at the San Diego Convention Center** (111 W. Harbor Drive, San Diego 92101). Registration check-in and the Exhibitor Hall will open at 8:00 a.m. and the workshops will begin at 9:00 a.m.

Please plan to eat breakfast in advance. There will be limited free coffee in the exhibit hall, and a Starbucks will be open inside the Convention Center. Lunch will be provided free of charge for all registered participants. You will be given a bracelet to serve as your lunch pass when you check-in. We will do our best to accommodate your lunch preference, but appreciate your flexibility in the event that we run out of one option. On-site parking is \$5, but the event is otherwise free and includes lunch. We recommend you wear comfortable clothes and shoes. We have several active workshops that will take place outside on the Terrace overlooking the marina: Tai Chi, Feeling Fit Club, and Line Dancing. You may wish to wear a hat and sunscreen.

When you arrive, please go to the Convention Center **Hall B** and you will see the “Registration” tables to check in and receive your program.

Look for our event volunteers in blue T-shirts!

PROGRAM INFORMATION:

- **Exhibitor tables:** Open all day starting at 8 a.m, in Hall B.
- **Workshops:** Workshops will take place from 9:00 – 10:00 a.m.; and 10:15 – 11:15 a.m. During each time slot, you will be able to choose from seven different presentations/activities, on a variety of topics including fitness, brain health, caregiver wellbeing, transportation, and more. You may also visit the exhibitors.
- **Lunch:** Begins at 11:30 a.m. in Hall B.
- **Keynote presentation with Marilu Henner:** Begins at 12:15 p.m in Hall B.



- **Opportunity Drawing:** For a chance to win a prize at the end of the day, please turn in your completed “Comment Card” with one of the attached tickets to the volunteers (keep the second ticket), after the keynote program. Prizes will be announced in Hall B after the Keynote Program concludes. You must be present to win.

Please note that some map apps give inaccurate directions to the Convention Center (e.g., to the back of the center on roads that are not accessible.)

Please see the **following pages** for:

- **Park & Ride Information using the Trolley from SDCCU Stadium**
- **Directions to the San Diego Convention Center, drop off instructions, and parking information.**

Thank you and we look forward to seeing you at Vital Aging 2019!

Presented in partnership with:

PLATINUM SPONSOR



GOLD SPONSORS

HHSA Behavioral Health Services



SILVER SPONSOR



BRONZE SPONSORS

Aetna | CSU Institute for Palliative Care | HHSA Public Health Services
Humana MarketPoint | Kaiser Permanente Senior Advantage
San Diego County Credit Union



FREE Park & Ride

Park & Ride using the trolley, courtesy of San Diego Metropolitan Transit System

(MTS): Free parking will be available to attendees at SDCCU Stadium (formerly Qualcomm Stadium), off of Friars Road. You may park in the stadium parking lot. Volunteers will be available to provide attendees with a complimentary Trolley day pass. Volunteers will also accompany Vital Aging participants to the Convention Center at certain times (see below).

The Trolley takes 27 minutes to travel from the stadium to the Convention Center. The Trolley runs every 15 minutes, leaving the stadium on the following pattern: :07, :22, :37, :52 (i.e., 7:07am, 7:22am, 7:37am, 7:52am, 8:07am, etc.). We recommend that you arrive at the Stadium 15 minutes prior to the Trolley you want to take, in order to get your day pass.

When you arrive at the stadium, look for the event volunteers in the blue T-shirts. Near the Trolley, there will be a place to get your complimentary day pass – just let them know you are there for Vital Aging. Once you are on the Trolley, after 27 minutes, you will arrive at the **Convention Center Station** at First Ave. Disembark, and then cross Harbor Drive, and turn left. There will be event volunteers in blue T-shirts along the route from the Trolley station to the Convention Center - Hall B to help guide you.

The best times to leave the Stadium for the convention center are:

- Stadium departure 7:37am – arrive at SDCC 8:04am
- Stadium departure 7:52am – arrive at SDCC 8:19am
- Stadium departure 8:07am – arrive at SDCC 8:34am

We will have volunteers to accompany Vital Aging participants on the trolley at the following times: 7:37 am and 7:52 am. Our volunteers at the Stadium will be there to give out complimentary day passes until 9:30. If you arrive later, you may still park there, and purchase your own pass. Your day pass will allow you to return to the stadium at any time. There will be event volunteers outside the Convention Center to guide participants to the Trolley station.

Should you decide to not take the Trolley and drive instead, the address for the Convention Center is 111 W. Harbor Drive, San Diego CA 92101. There is a parking garage under the Convention Center, accessible from Harbor Drive. Let the attendant know you are there for Vital Aging and pay the \$5.00 fee.



Directions to the SDCCU Stadium - 9499 Friars Rd, San Diego, CA 92108

The Stadium is off of Friar's Road, between Qualcomm Way and Interstate 15.

From Friar's Road, coming from points west, driving east on Friar's Road:

- Turn Right on Mission Village Drive and follow it to the Stadium's Main Gate.
- Enter the Stadium at the Main Gate.
- Follow the signs and volunteers to park to the right of the stadium and reach the station.

From Friar's Road, coming from points east, driving west on Friar's Road:

- Just after you go over the 15 freeway, take the exit on the Right for Mission Village Drive. At the end of the exit ramp, turn left on Mission Village Drive and follow it to enter the Stadium's Main Gate.
- Enter the Stadium at the Main Gate
- Follow the signs and volunteers to park to the right of the stadium and reach the station.

From Interstate 8, heading East:

- Take Mission Gorge exit and turn left, to head north on Mission Gorge Road.
- Turn Left (west) on San Diego Mission Road
- Turn Left on Mission Village Drive to enter the Stadium at the Main Gate.
- Follow the signs and volunteers to park to the right of the stadium and reach the station.

From Interstate 8, heading West:

- Take Mission Gorge exit and turn right, to head north on Mission Gorge Road.
- Turn Left on Fairmont
- Turn Left (west) on San Diego Mission Road
- Turn Left on Mission Village Drive to enter the Stadium at the Main Gate.
- Follow the signs and volunteers to park to the right of the stadium and reach the station.



DIRECTIONS to the San Diego Convention Center

111 W. Harbor Drive, San Diego, CA 92101 *(Please do not rely on map apps, as some have given inaccurate directions to the convention center – e.g., to the back of the center, on roads that are not accessible)*

Also – if you are dropping off someone at the main entrance, and then parking, please see drop-off instructions on the next page.

From points north, on I-5, Driving South:

- Take Exit 17, for Front Street, towards Civic Center
- Continue on Front Street until you reach Harbor Drive and turn Left
- Continue on Harbor Drive – you will pass the Marriott and a light at 1st Ave. Then, at the next traffic light (“Convention Center Ct”), turn Right to go into the underground parking.
- Let the attendant know you are there for Vital Aging, and pay the \$5.00 parking fee.

From points east, on the 94, Driving West:

- Take 94 West into the city.
- 94 West will turn into "F" St.
- Follow "F" St. to 10th Ave; Turn Left
- Take 10th Ave. to Market St; Turn Right
- Take Market St. to Front St; Turn Left
- Take Front St. to Harbor Drive; Turn Left
- Continue on Harbor Drive – you will pass the Marriott and a light at 1st Ave. Then, at the next traffic light (“Convention Center Ct”), turn Right to go into the underground parking.
- Let the attendant know you are there for Vital Aging, and pay the \$5.00 parking fee.

Driving West on I- 8:

- Take I- 8 West to 163 South.
- Follow 163 into city – the freeway will turn into 10th. Ave
- Follow 10th Ave. to Market St; Turn Right
- Take Market St. to Front St; Turn Left.
- Take Front St. to Harbor Drive; Turn Left
- Continue on Harbor Drive – you will pass the Marriott and a light at 1st Ave. Then, at the next traffic light (“Convention Center Ct”), turn Right to go into the underground parking.
- Let the attendant know you are there for Vital Aging, and pay the \$5.00 parking fee.



DROP OFF: If you are coming from points north or east – that is, from the 5 driving south, or the 94, or the 8, and would like to drop off someone at the main entrance – Hall B - and then park... please do the following:

- 1) When you turn from Front Street onto Harbor Drive, get in the right lane, and follow the signs to the “drop off lane” for the Convention Center. It is right after the Marriott.
- 2) Drop off your person or group at Hall B,
- 3) Then follow the drop off lane to where it meets back up with Harbor Drive.
- 4) If traffic allows, get into the far left lane and make a U-turn at Park Blvd. (If you cannot do that, go about .5 miles to make a U-turn at Sigsbee Street.)
- 5) Pass the light at 5th Ave, and at the next traffic light (“Convention Center Ct”), turn Left to go into the underground parking.

From points south, on 1- 5, Driving North:

- Take Exit 14B, for Cesar Chavez Parkway.
- Turn Left at bottom of exit ramp onto Cesar Chavez Parkway.
- Take Cesar Chavez Parkway to Harbor Drive, and turn Right.
- After you pass Park Blvd, you will see the Convention Center on your left.
- Pass the light at 5th Ave, and at the next traffic light (“Convention Center Ct”), turn Left to go into the underground parking.
- Let the attendant know you are there for Vital Aging, and pay the \$5.00 parking fee.

DROP OFF: Note – if you would like to drop off someone at the main entrance – Hall B, and then park, please follow the directions above to Harbor Drive and turn Right.

1. Continue on Harbor Drive, and pass the Convention Center.
2. Make a U-turn at Market Street (by the Hyatt).
3. Continue south on Harbor Drive and stay in the right lane.
4. Once you are in front of the Marriott, follow the signs to the “drop off lane” for the Convention Center – it is right after the Marriott.
5. Drop off your person or group at Hall B
6. Then follow the drop off lane to where it meets back up with Harbor Drive.
7. If traffic allows, get into the far left lane and make a U-turn at Park Blvd. (If you cannot do that, go about .5 mile to make a U-turn at Sigsbee Street.)
8. Pass the light at 5th Ave, and at the next traffic light (“Convention Center Ct”), turn Left to go into the underground parking.