

Family Law Section of The Florida Bar
2019 Trial Advocacy Seminar
Health & Wellness Menu

Thursday, July 25, 2019

1:00 pm – 1:45 pm Mindfulness / Quiet Time Meeting Room 1

Friday, July 26, 2019

5:00 am – 6:00 am Running Club with Alex Caballero Meet at 5 am in hotel lobby
Walking Club with Amy Hamlin

6:00 am – 7:00 am Friends of Bill W Meeting Il Terrazzo Boardroom

7:00 am – 8:00 am Mindfulness / Quiet Time Meeting Room 1

Saturday, July 27, 2019

5:00 am – 6:00 am Running Club with Alex Caballero Meet at 5 am in hotel lobby
Walking Club with Amy Hamlin

6:00 am – 7:00 am Friends of Bill W Meeting Il Terrazzo Boardroom

7:00 am – 8:00 am Mindfulness / Quiet Time ROOM TBD

Sunday, July 28, 2019

5:00 am – 6:00 am Running Club with Alex Caballero Meet at 5 am in hotel lobby
Walking Club with Amy Hamlin

6:00 am – 7:00 am Friends of Bill W Meeting Il Terrazzo Boardroom

7:00 am – 8:00 am Mindfulness / Quiet Time Meeting Room 1

Other opportunities to explore on your own:

Outdoor Pool [6:00 AM – 10:00 PM]
Fitness Center [24 hours]
Tampa Riverwalk
Stand up paddle boards, kayaks, and pedal boats
Cycle Boats

Hotel Pool
Hotel Fitness Center
<https://thetampariverwalk.com/>
<http://www.tampabayup.com/>
<https://www.krakencycleboats.com/>