

FUEL UP

GO-TO TIPS FOR YOUR ALL-DAY MEETINGS AND CONFERENCES

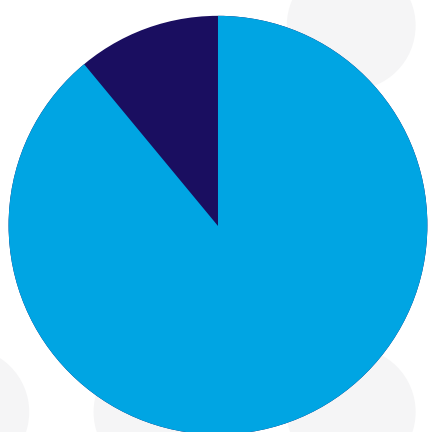
SURPRISING FACTS ABOUT AMERICA'S MEETINGS & CONFERENCES

THERE ARE
25 MILLION
MEETINGS PER DAY

PEOPLE SPEND ON AVERAGE

05:03
HOURS MINUTES

IN MEETINGS A WEEK.



89 PERCENT

OF BUSINESS PROFESSIONALS BELIEVE TECHNOLOGY WILL MAKE MEETINGS EASIER IN THE FUTURE.

15%

OF AN ORGANIZATION'S COLLECTIVE TIME IS SPENT IN MEETINGS.

40 MILLION

PEOPLE ATTEND AT LEAST **ONE** CONFERENCE A YEAR.

31,000

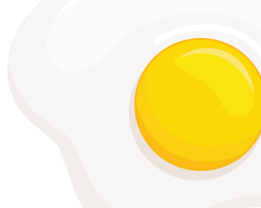
TRADE SHOWS TAKE PLACE EVERY YEAR.

ENERGY-BOOSTING FOODS



PARFAITS

MAKE-YOUR-OWN PARFAITS ARE ALWAYS A BIG, HEALTHY HIT! GREAT FOR THE MORNING MEETINGS. TOPPINGS INCLUDE: FRUIT, GRANOLA AND NUTS.



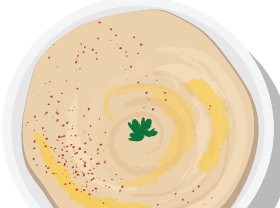
EGGS

ARE GREAT FOR BUILDING UP YOUR BRAIN POWER. INCORPORATING GRAINS IS ALSO GOOD FOR LONGER BURSTS OF ENERGY, SO OATMEAL WOULD ALSO BE A NICE, ENERGIZING CHOICE.



SALADS

INCORPORATE HEALTHY FATS SOMEWHERE IN YOUR MEAL –REMEMBER, THOSE CAN INCLUDE AVOCADO, OLIVE OIL, MANY TYPES OF NUTS (ALMONDS, WALNUTS, MACADAMIA NUTS) AND A TON MORE!



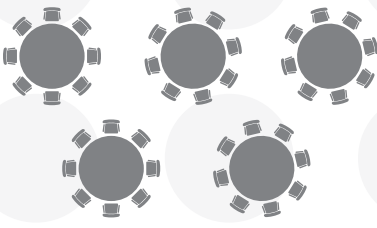
HUMMUS

HUMMUS IS HIGH IN GOOD FAT BECAUSE OF ITS SESAME SEED AND OLIVE OIL CONTENT. IT'S ALSO LOW IN CARBOHYDRATES.

MOST COMMON MEETING SETUPS

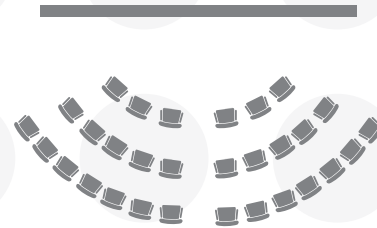
BANQUET

PERFECT FOR SMALL GROUPS OF 4 TO 12 PEOPLE



AUDITORIUM

BEST FOR LARGE GROUPS PARTICIPATING IN A LECTURE



CONFERENCE

A FORMAL SETTING THAT ENCOURAGES INVOLVEMENT OF A LARGE GROUP



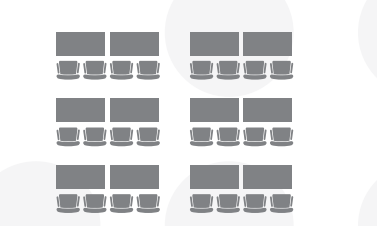
U-SHAPED

FOR VISUAL PRESENTATIONS WITH UP TO 24 PARTICIPANTS



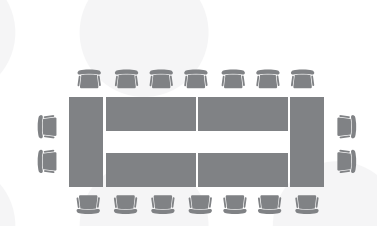
CLASSROOM

APPROPRIATE FOR LONG LECTURES



SQUARE

FOR GROUPS WITH FEWER THAN 40 PEOPLE ATTENDING A PANEL DISCUSSION



TOP MILWAUKEE LOCATIONS FOR ALL-DAY CONFERENCES

MEETING PLANNERS INTERNATIONAL (MPI) RANKED MILWAUKEE AS ONE OF ITS "4 EMERGING CITIES IN MEETING AND EVENT DESTINATIONS IN 2017."

HERE ARE SOME OF OUR FAVORITE MILWAUKEE EVENT LOCATIONS:

COAST



BOERNER BOTANICAL GARDENS



MILLER ROOM



MILWAUKEE PUBLIC MUSEUM

