

EASNA THE EMPLOYEE
ASSISTANCE
TRADE ASSOCIATION

ATLANTA VISITOR GUIDE

THINK EAP: RISK, DISABILITY, AND SAFETY AT WORK
MAY 10-12, 2017 ATLANTA, GA WESTIN BUCKHEAD ATLANTA



EASNA ANNUAL
Institute 29TH

Discover why Atlanta ranks among Lonely Planet's 10 top US places to visit in 2017

PRESIDENT'S MESSAGE



In addition to earning professional credits, the Institute gives ample time to make meaningful connections with your peers at our welcome reception, at networking breaks throughout the meeting, and in the exhibit hall.

*Judith Plotkin, MSW
EASNA President
Board of Directors*

Since our founding in 1985, the Employee Assistance Society of North America (EASNA) has been fostering excellence in behavioral health and wellness in the workplace. As the trade association dedicated to Employee Assistance Programs (EAPs) in Canada, Mexico and the United States, it is critical for our members to stay on top of the latest developments in the field to mitigate risk, manage disability, and enhance safety in the workplace. At our annual education conference, the 29th Annual Institute, we will convene in Atlanta, Georgia, May 10-12, 2017, for three days packed with engaging speakers and topics to keep you informed, connected with your peers, and inspired for the coming year.

How often do you get the opportunity to learn of best practices in action? Do not miss our Friday morning session honoring our Annual Corporate Award winners. This year an American organization and an EAP Pioneer will be sharing their innovative programs and experiences.

You'll have time to recharge by slipping on a pair of sneakers for our annual EASNA Fun Run/Walk and by joining us for a special evening with dinner and entertainment at the Buckhead Club. **My wish for you is that the contacts and friendships you make at the Institute will not only help you professionally but also become part of your network of support.**

We know your time is valuable, which is why EASNA is dedicated to bringing you top-notch education to help you make the most of advancing mental health and well-being in the workplace. We are grateful to our Conference Hosts George Martin, Irv Kooris, and all of the volunteers who have made this Institute possible! **I hope you will join me at the Institute, and I look forward to meeting you in Atlanta.**

TESTIMONIALS



A CAN'T MISS EVENT

This year's Institute continues the evolution we set upon several years ago. We are keeping what our members love about opportunities for networking and what you have come to expect in quality content. This year we are adding nationally recognized speakers, personal development sessions and structuring some time for health play.

Nicole Doucet, NDC-Nutrition at Work



A MUST ATTEND

Yearly, the EASNA Annual Institute is on my list of must-attend conferences. It's an outstanding opportunity for networking but more importantly, it's where I learn about the latest innovations and trends in the EAP and workplace wellness industry.

Patrick Gagne, CBC/Radio Canada



WITH GREAT ANTICIPATION

After attending the EASNA conference for the first time in 2015, I realized how much stimulating content and interactions I had missed in the past. I'm therefore looking forward to this year's event and future EASNA conferences with great anticipation.

*Francois Laflamme, M.A., C.O./G.C., PRE/RPP,
President, Optima Global Health*



GETTING TO ATLANTA

WHETHER YOU'RE DRIVING OR FLYING, GETTING TO ATLANTA IS EASY. ATLANTA IS HOME TO THE WORLD'S BUSIEST AIRPORT AND THREE MAJOR INTERSTATES INTERSECT RIGHT IN DOWNTOWN. NO MATTER HOW YOU PREFER TO TRAVEL, ATLANTA IS ACCESSIBLE AND CONVENIENT.

Flight Information

Not only is it the busiest airport in the world, but there are more than 150 cities with daily direct, non-stop flights to Atlanta. If you're coming to the capitol of the South, chances are, there is the perfect flight to fit your schedule.

<http://www.atl.com>

ATL Trak-a-Flight

Keep tabs on your flight through out the day! You can choose to have your flight's status emailed to you every time there is a change. You'll be the first to know of any updates when you sign up for a particular flight. ATL Trak-a-Flight will (1) inform you of delays, cancellations, and schedule changes for a specific flight, (2) remind you of an upcoming flight, and (3) send updates to any device that receives e-mail.

<http://apps.atl.com/Passenger/FlightInfo/AtlTrakAFlight.aspx>

ATL Trak-a-Line

Receive notification by e-mail when there are changes to the wait times at the security checkpoints. Enter your approximate flight departure time and your e-mail address in the form provided. Upon registering, you will be sent an e-mail whenever there are changes to the wait times at the security checkpoint lines. If the wait time at the security checkpoint lines lengthen or shorten, you'll know right away via e-mail. Once your approximate flight departure time passes, the e-mail notification will stop.

<http://apps.atl.com/Passenger/FlightInfo/AtlTrakALine.aspx>

Driving to Atlanta?

Atlanta is accessible via Interstates 20, 75, 85 and Georgia 400. I-285 forms a beltway around the city. Need proof of how quick a trip to Atlanta can be? All of these cities are within a seven-hour drive of Atlanta: Charleston, S.C.; Cincinnati, Ohio; Chattanooga, Tenn.; Jacksonville, Fla.; Knoxville, Tenn. And Nashville.

PASSENGER SECURITY

TSA officers may use risk-based security measures to identify, mitigate and resolve potential threats at the Airport security checkpoint. These officers may ask you questions about your identity, itinerary and property, among other things. TSA uses a variety of screening processes, regardless of whether an alarm is triggered. In addition, TSA uses unpredictable security measures throughout the Airport, and no individual is guaranteed expedited screening.



TSA PreCheck

TSA PreCheck is an expedited screening program that allows travelers at security checkpoints to wear personal items — including shoes, light jackets and belts — as well as carry laptops and 3-1-1 compliant liquids in their cases or bags.

The ATL enrollment centers are open Monday through Friday from 8:30 a.m. to 12:30 p.m. and again from 1 p.m. to 5 p.m. The enrollment center located on Concourse A next to Gate A19 is for ticketed and connecting passengers. A second enrollment center is located in the Terminal South ticketing area (pre-security) and is open from 9 a.m. until 12:30 p.m. on Saturdays. A ticket or boarding pass is not necessary to visit this location. Both centers allow walk-in appointments on a first-come, first-served basis.

<https://www.tsa.gov/contact/customer-service>



Global Entry Program

The Global Entry program expedites clearance of frequent international air travelers through automated kiosks in the U.S. arrivals area at Hartsfield-Jackson. Fingerprint biometric technology verifies a registered member and confirms status. Global Entry is sponsored by the U.S. Customs and Border Protection. Participation is voluntary. Only U.S. citizens and lawful permanent residents with no criminal record are eligible to apply. All applicants undergo a rigorous background check and in-person interview before enrollment.

<https://www.cbp.gov/travel/trusted-traveler-programs/global-entry>



GETTING AROUND ATLANTA

THERE ARE MANY WAYS TO NAVIGATE ATLANTA, INCLUDING PUBLIC TRANSPORTATION, TAXIS, CAR SERVICES AND THE GOOD OLD-FASHIONED METHOD OF DRIVING. NO MATTER HOW YOU CHOOSE TO SEE THE SIGHTS, THERE'S A QUICK AND EASY WAY TO GET AROUND.

MARTA: Metropolitan Atlanta Rapid Transit Authority

MARTA's trains, buses and para-transit vehicles provide about 420,000 passenger trips within the city of Atlanta and Fulton and DeKalb counties every weekday. Accessible directly from the airport, MARTA provides public transportation that is convenient, safe and clean.

Save with Breeze Tickets

- Breeze Tickets are paper tickets for limited use for visitors or special MARTA programs. Using a built-in smart card, Breeze Tickets function the same way as a Breeze Card — just without the ability to reload any fare and expire in 90 days from purchase.
- The cost of the Breeze Ticket is \$1.00 in addition to the cost of a fare or pass.
- You can purchase Breeze Tickets from the same vending machines you'd use to purchase standard Breeze Cards. These tickets aren't reloadable, expire in 90 days and include a \$1 fee.

Read more about Breeze here: <http://www.itsmarta.com/breeze-tickets.aspx>

<http://www.itsmarta.com/>

<http://www.itsmarta.com/planatrip.aspx>



Hop on Board the Atlanta Streetcar

The 2.7 mile loop has 12 stops that connect Centennial Olympic Park with the Martin Luther King, Jr. National Historic Site and nearby neighborhoods east of downtown. With a direct connection to MARTA's Peachtree Center station, and other transit services.

<http://www.theatlantastreetcar.com/>



Hail A Cab

In Atlanta, there are a few ways to get a ride when you're on the go. If you opt for a traditional cab, flat rates are available between the airport and highly-trafficked areas like downtown, Midtown and Buckhead. Metered rates are available outside of these areas.

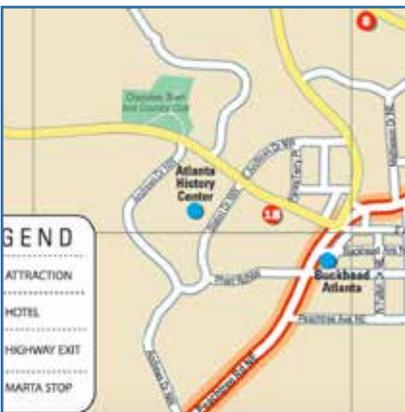
<http://www.atlanta.net/explore/transportation/taxicabs/>



Walking and Biking

Atlanta is a great city to stretch your legs a bit. Take a stroll through our walkable in-town neighborhoods or go for a bike ride on the Atlanta BeltLine. Whether on two feet or two wheels, Atlanta has plenty of green space to feed your love of the outdoors.

<http://www.atlanta.net/explore/transportation/walking-and-biking/>



Explore By Car

Atlanta's neighborhoods and business districts are accessible by car and many provide ample parking for visitors.

Downtown Interactive Parking Map: <http://www.atlantadowntown.com/guide/getting-around/parking>

Downtown Navigator. Shows lane and road closures within the downtown area. <http://www.atlantadowntown.com/sustainability/sustainable-transportation/travel-advisories/downtown-navigator-updates>



RESERVE YOUR ROOM

The Westin Buckhead, Atlanta

3391 Peachtree Road, N.E.

Atlanta GA 30326 United States

Phone: (1) (404) 365-0065

Fax: (1) (404) 365-8787

Hotel Information

- Check-in Time, 3 PM
- Check-out Time, 12 PM
- Complimentary WiFi for SPG Members
- Self Parking \$29/day, Valet \$39/day
- Pets Welcome (fee)
- WestinWORKOUT® Fitness Studio
- Executive Club Lounge
- 24-Hour Business Center
- Indoor Heated Pool
- Starwood Preferred Guest Category 4

Reserve your room before April 17 for reduced rates. Visit: <http://bit.ly/2lTolXv>



Commonly referred to as "The Beverly Hills of the South," Atlanta's stylish Buckhead neighborhood is the place to enjoy the city's best luxury shopping, fine dining, and energetic nightlife. Find yourself surrounded by a world of fashion, dining, culture, nightlife, and great attractions.

Newly refreshed and situated in the heart of the upscale Buckhead community, this Buckhead hotel is surrounded by the finest shopping and dining experiences in Atlanta. The hotel recently completed a renovation of our guest rooms and public spaces, as well as the renowned Atlanta restaurant, The Palm. And the Westin is next door to Lenox Square and the Shops Around Lenox and across the street from Phipps Plaza.

"We love staying at the Westin in Buckhead!"

"The staff is courteous and helpful with every request."

"Service is incredible!"

"It's the only place we stay in Atlanta."



SHORT STAY ITINERARIES

THERE'S AN AMAZING VARIETY OF THINGS TO DO IN ATLANTA; THAT'S WHAT MAKES BEING HERE SO GREAT. HERE ARE SEVERAL ITINERARIES TO HELP YOU PLAN YOUR TRIP OR CREATE YOUR OWN CUSTOM TRIP ITINERARY BASED ON YOUR PREFERENCES.

See Five Top Atlanta Attractions and Save with Atlanta CityPASS

Save 43% off or more on admission to 5 of Atlanta's must-see attractions with Atlanta CityPASS – and skip most of the ticket lines, too. CityPASS ticket booklets are valid for 9 days beginning with the first day of use so you can stay and play at your own pace. For more information and to buy booklets or printable vouchers, When you buy an Atlanta CityPASS you'll receive tickets to five of the following attractions:

Georgia Aquarium. Dive into a one-of-a-kind aquatic experience at the Georgia Aquarium. Discover graceful beluga whales, spectacular whale sharks, playful penguins and aquatic animals from around the globe.

CNN Atlanta Studio Tour. This 55-minute guided walking tour of CNN Worldwide offers behind-the-scenes views of Atlanta's CNN studios and an exclusive glimpse of worldwide news and broadcasting in action.

World of Coca-Cola. Experience the intriguing World of Coca-Cola featuring a multisensory 4-D theater, an extraordinary 1880s soda fountain, the smallest bottling line in the world, plus an opportunity to sample nearly 70 different beverages from around the globe.

Zoo Atlanta. Located in historic Grant Park, Zoo Atlanta features more than 200 species of animals from the African plains and Asian forests. See the nation's largest gorilla habitat or visit the playful pandas and adorable reptiles and amphibians!

Center for Civil and Human Rights. Cutting-edge technology and engaging interactive exhibits combine to make the Center for Civil and Human Rights a must-see cultural attraction. Visitors of all ages will be inspired while learning about civil and global human rights issues and history in the Center, ranked a top-five Atlanta attraction by TripAdvisor.

<http://www.atlanta.net/deals/citypass/>

ESSENTIAL STOPS

Day One: Downtown and Around

- Start your day at the Georgia Aquarium, the nation's largest aquarium also houses the world's largest fish—whale sharks.
- Head to the World of Coca-Cola. Featuring a multisensory 4-D theater where viewers can join the "Search for the Secret Formula" and an opportunity to taste more than 100 beverages from all around the world.
- Visit Centennial Olympic Park, the world's gathering place during the 1996 Centennial Olympic Games.
- Get behind the camera at CNN Center, the world headquarters of CNN, CNN International and HLN networks. The Inside CNN Studio Tour offers three guided tours where visitors can sit at an authentic news anchor's desk, and go behind the scenes of their favorite daytime shows.
- Experience the American civil rights movement firsthand at the new interactive Center for Civil and Human Rights.

Day Two: Get Cultured in Midtown

- Visit the Midtown Arts District and gaze at more than 12,000 works in the High Museum of Art,
- Just across the street, Museum of Design Atlanta presents unique, urban exhibitions that examine the effects of design in day-to-day life.
- Piedmont Park encompasses more than 180 acres of lush lawns, It's also home to many seasonal activities, such as Atlanta Dogwood Festival, Atlanta Jazz Festival, Gay Pride Festival and Music Midtown.
- Adjacent to the park, the Atlanta Botanical Garden is an urban oasis of seasonal blooms and mesmerizing water features. Wander through the treetops on the Canopy Walk, a 40-foot high suspension walkway offering a birds-eye view of the city, or find your new favorite food at the Edible Garden, featuring chef demonstrations each weekend May through October.
- For artisan cocktails and regional, seasonal dishes, visit Ecco. One of the city's favorite neighborhood hangouts, Shout is a two-tier restaurant with an expansive outdoor patio that serves an eclectic, global fusion menu of the city's favorite foods.
- The Fox Theatre offers live performances, including Top 40 concerts,

For more itineraries and ideas, visit: <http://www.atlanta.net/explore/itineraries/must-see-atlanta/>

WHERE TO EAT

NIGHT OUT AT THE BUCKHEAD CLUB THURSDAY, 6:30 P.M. – 8:30 P.M.

JOIN EASNA FOR A FUN EVENING OF DINNER AND ENTERTAINMENT AT THE BUCKHEAD CLUB, 3344 PEACHTREE ROAD, LOCATED WITHIN WALKING DISTANCE JUST A FEW DOORS DOWN FROM THE WESTIN BUCKHEAD.

Favorite Dining Spots

Check out the top fan picks for favorite Atlanta spots to eat: <http://www.atlanta.net/Blog/Your-Five,-Our-Five--Outdoor-Dining/>

Broad Street. Broad Street is sometimes blocked off, creating a pedestrian friendly zone with plenty of seating for lunchtime meals.

Canoe. Situated on the banks of the Chattahoochee, Canoe offers the best of fine dining and rustic outdoor space. From an outdoor bar with lounge chairs along the river to patio seating for dinner, this Vinings icon is a perfect place to breathe in the fresh air while noshing on some of the best food in Atlanta. Pro tip: Check out Sunday brunch and take a stroll along the water afterward!

Six Feet Under. Six Feet Under is more like two stories above. The Grant Park location features a rooftop seating area with a fully stocked bar and full restaurant menu. The restaurant is located across the street from historic Oakland Cemetery where some of Atlanta's most-famed residents, including golf-legend Bobby Jones and "Gone with the Wind" author Margaret Mitchell, are buried.

Cowtippers. Just around the corner of Piedmont and Monroe, Cowtippers expansive patio beckons passersby to stop in for a Buckhead beef steak or their award-winning Metrotainment Bakery desserts. For those wanting to expand their tequila tastes, Cowtippers is also known for stocking 100 different tequilas.

Fox Bros. Bar-B-Q.. Sit back, catch wafts of deliciousness from the smokehouse, grab a margarita and indulge in some of Atlanta's best bbq

Googie Burger. When you're talking about eating outdoors, it's hard to not mention Googie Burger. This burger joint sits right in the middle of Centennial Olympic Park. Make an afternoon of it – grab a burger, fries and shake, people watch at the Fountain of the Rings (or hop in yourself!), then head over SkyView Atlanta for a 15-minute round on the new Ferris wheel.

Park Tavern. Located in the heart of Piedmont Park, the people watching at Park Tavern is something to behold, and then there's the breathtaking view of the Midtown skyline. Sit back on the patio and enjoy craft beer brewed on-site. Pro tip: On dreary days, keep an eye on Park Tavern's social media channels. When it rains, they pour \$1 beers. Grab an umbrella, some rain boots and wait on the announcement.

Looking for more restaurant ideas? Try "Yelp" for rankings and reviews of all the great food, service, and ambiance, that Atlanta can offer! <https://www.yelp.com/atlanta>