

Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

#### REGISTRATION



REGISTRATION	STUDENT / MEDICAL RESIDENT		MD/DO/JD		OTHER LICENSED PROFESSIONALS		OTHER ALLIED PROFESSIONALS	
	MEMBER	NON- MEMBER	MEMBER	NON- MEMBER	MEMBER	NON- MEMBER	MEMBER	NON- MEMBER
Intro to Group Medical Visits Aug 13	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250
Advanced Training in Group Medical Visits Aug 13	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250
Experience Wellness Through Rhythm Drumming Sounds 1-Day Training Aug 13	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250
3-Day In-Person: Aug. 14 - 16	\$300	\$300	\$750	\$850	\$450	\$550	\$300	\$400
Virtual 3-Day, Partial Program	\$250	\$350	\$350	\$350	\$350	\$350	\$350	\$350
In-Person, Single Day	\$95	\$150	\$150	\$315	\$215	\$315	\$150	\$185
CMEs or 15 CEs for CA Acupuncture Professionals	\$100	\$125	\$100	\$125	\$100	\$100	\$100	\$125



#### **CME-Approved Sessions**

In-Depth WORKSHOP DESCRIPTIONS: CLICK HERE

**WORKSHOP PRESENTER BIOS: CLICK HERE** 

**Pre-Conference Add-On WORKSHOPS:** 

Drumming Sounds CLICK HERE

**Group Medical Visits CLICK HERE** 



CONFERENCE SCHEDULE with CME LISTINGS: CLICK HERE PROGRAM WITH ROOM NUMBERS HERE
AT-A-Glance PDF SCHEDULE: CLICK HERE

# **TRANSPORTATION - HOW TO GET AROUND**

- The 2025 IM4US Conference is being held at the The UC Irvine Susan Samueli Integrative Health Institute, located at <u>856 Health Sciences Road, Irvine, CA</u> 92617
- The outside of the building (and inside) can be seen here



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference



# • UCI PARKING & DIRECTIONS:

<u>Download</u>: The Susan Samueli Institute is located on this map in the College of Health Sciences Building



As a visitor, you will need to purchase a parking permit for the Health Sciences Parking Garage [picture is the view from Health Sciences Road as approaching]. This is the closest place to park to the venue (short walk)

- IM4US/UCI purchase parking portal: https://apps.parking.uci.edu/parkbyplate/s/vehicle.cfm
- Parking passes can be purchased at the Kiosk at the intersection of California St. and Theory St. You can also purchase parking using the general ParkbyPlate <u>HERE</u>.
- <u>Parking Fees</u> includes free in and out for \$16 per day / do not park in Reserved spots
- Lot 70 (corner of Michael Drake and California) has <u>parking permit</u> <u>dispensers</u>.
- To reach the institute using public transportation in Orange County:
  - o Orange County Transportation Authority (OCTA) Bus Services:



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

- Routes: OCTA operates several bus routes throughout Orange County. To
  determine the most suitable route to the institute, use the OCTA's online trip
  planner or contact their customer service for assistance.
  https://www.octa.net/getting-around/trip-planner/trip-planner/
- Renting a car? You can also try <u>Turo.com</u> (the Airbnb of cars)
- Navigating UCI without a car https://web.communications.uci.edu/assets/email/dfa-tds/TDS-Website/ST/2024-Navigating-UC-Irvine-Without-a-Car.pdf
- UC Irvine is only a five to ten minute drive from Orange County's John Wayne Airport.
- LAX is the next closest airport. To catch a taxi, Uber, Lyft, you'll need to walk or take a
  bus to "LAX-IT" located next to Terminal 1. Passengers who would like to take the free
  LAX-it shuttle bus should wait at the GREEN LAX-it sign on the Lower/Arrivals Level in
  front of each terminal. This is where all Ubers, Lyfts, taxis can be taken. Make your
  reservation with Lyft/Uber once you get to "LAX-IT". There is a waiting area for each ride
  service.



Take the free green shuttle to LAX-IT to catch Uber, Lyft, taxis or other services.

### **HOTELS – WHERE TO STAY**

Atrium hotel

18700 MacArthur Blvd, Irvine, CA 92612 \$161/night avg., 3-stars, approx. 4 miles to conference U-Save care rental on-site Hotel provides courtesy shuttle service to and from John Wayne Airport.

Ayres Hotel Costa Mesa/Newport Beach

325 Bristol St, Costa Mesa, CA 92626 \$235/night avg., 4-stars, approx. 3.3 miles to conference **Ask for UCI 2025 Rate**: Starting at \$137 for Deluxe Guestroom (single/double occupancy). Higher rates over the summer may apply. Reservations can be made online. Free shuttle to and from John Wayne Airport Complimentary self-parking



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

### Courtyard Irvine John Wayne Airport/Orange County

2701 Main Street, Irvine, CA 92614

\$179/night avg., 3-stars, approx. 3 miles to conference

Approximately 3 miles from the Institute and 1.5 miles from John Wayne Airport, this hotel offers an airport shuttle service. Amenities include free Wi-Fi, a restaurant, and an outdoor pool.

# Embassy Suites by Hilton Irvine Orange County Airport

2120 Main St, Irvine, CA 92614

\$185/night avg., 3-stars, approx. 4 miles to conference

Situated less than 2 miles from John Wayne Airport (SNA), this hotel provides free airport shuttle services. Guests can enjoy spacious suites and complimentary breakfast.

### Hampton Inn & Suites Irvine-Orange County Airport

2192 Dupont Drive Irvine, California 92612 USA \$192/night avg., 3-stars, approx. 3.5 miles to conference Free hot breakfast, John Wayne Airport (SNA)shuttle

#### Hilton Irvine/Orange County Airport

18800 MacArthur Blvd. Irvine, California 92612

\$176/night avg., 3-stars, approx. 4 miles to conference

Directly across from John Wayne Airport (SNA), this hotel offers free shuttle service within a three-mile radius, including the airport. Features include an outdoor pool and fitness center.

#### Hyatt House Irvine/John Wayne Airport

2320 Main St, Irvine, CA 92614

\$219/night avg., 3-stars, approx. 3 miles to conference

Located roughly 3 miles from both the Institute and the airport, this hotel provides complimentary shuttle service to John Wayne Airport (SNA). Guests can enjoy extended-stay suites and an outdoor pool.

#### Residence Inn by Marriott - Irvine Airport

2855 Main Street, Irvine, CA 92614

\$242/night approx., 3-stars, approx. 4 miles to conference

Hotel offers a heated outdoor pool, 24-hour fitness center, free high-speed internet, and does not provide an airport shuttle. Approximately 1.5 miles from John Wayne Airport (SNA).

#### Sonesta Irvine John Wayne Airport

17941 Von Karman Avenue, Irvine, CA 92614 \$159/night approx.., 3-stars, approx. 3 miles to conference



# Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

Hotel offers a complimentary shuttle to and from John Wayne Airport (SNA). Amenities include modern rooms, an indoor pool, and a fitness

UCI 2025 Rate: Starting at \$179. Use Corporate/Promo code: UC8

### Rate includes the following:

- Complimentary daily breakfast for one per day
- Complimentary shuttle to and from the John Wayne Airport
- Complimentary shuttle to and from the UCI campus (subject to availability, please contact the front desk to confirm availability).
- Complimentary wireless Internet
- Complimentary self-parking for one vehicle
- Distance from UCI 3 miles

#### Marriott Irvine

1800 Von Karman, Irvine, CA 92612 \$355/night approx., 4-stars, approx. 4 miles to conference Hotel features an on-site restaurant, fitness center, and offers a complimentary airport shuttle. Approximately 0.8 miles from John Wayne Airport (SNA).

# Hyatt Regency Newport Beach

1107 Jamboree Road, Newport Beach, CA 92660 (402) 593-5442

Andy Serrano, Business Travel Sales Manager (949) 729-6052 andy.serrano@hyatt.com or salesnewpo@hyatt.com

UCI 2025 Rate: Starting at \$209 exclusive of taxes. To book a reservation click the link: <a href="UC">UC</a>, <a href="Irvine Reservation Link">Irvine Reservation Link</a> | <a href="Hyatt Regency Newport Beach">Hyatt Regency Newport Beach</a>

#### Rate includes:

- Waived Resort Fee (\$40 per room, per day savings)
- 50% discount on Self-Parking (\$20 per car, overnight savings)
- Daily \$15 Food & Beverage credit, excludes alcohol
- Complimentary wireless internet
- Complimentary access to fitness center
- Complimentary golf
- Complimentary bike rental
- Distance from UC, Irvine 2.8 miles



# Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

Sonesta Simply Suites Orange County - Spectrum Center

16150 Sand Canyon Ave; Irvine, CA 92618 949-788-0500 (Fax: 949-788-0566)

### Karen Egan, Director of Sales

karen.egan@sonesta.com

**UCI 2025 Rate:** Studio Suite: \$110; One Bedroom Suite: \$140 (additional discounts for 7 or more nights). Higher rates over the summer may apply. Use Corporate/Promo code: **UC8** 

- Complimentary laundry facilities
- Complimentary parking for one vehicle per reservation per night
- Fully equipped kitchens
- Weekly housekeeping service
- 6 p.m. day of arrival cancellation policy

# HOTELS NEAR UCI Medical Center (Approx. 14 miles from Susan Samueli Integrative Health Institute)

ALO Hotel by Avres

3737 W. Chapman, Orange, CA 92868 714-978-9168

Trisha Skubic

tskubic@avreshotels.com

**UCI Rate:** Please contact hotel for current rates.

Ayres Hotel Orange

200 N. The City Drive, Orange, CA 92868 714-919-7940

Trisha Skubic

tskubic@ayreshotels.com

**UCI Rate:** Please contact hotel for current rates.

Sonesta Simply Suites - Anaheim/Garden Grove
 12901 Garden Grove Blvd, Garden Grove, CA 92843
 714-539-4200



# Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

**UCI 2025 Rate:** Studio Suite: starting at \$117; One Bedroom Suite: starting at \$137. Additional discounts for 7 or more nights.

2 miles from UCI Medical Center

#### **FOOD - WHERE TO EAT**

# • Andrei's Restaurant

2607 Main St, Irvine, CA 92614

Carefully sourced American fare comes in a chic, modern space with loungelike seating & a hip vibe.

#### Bosscat Kitchen & Libations

18169 Von Karman Ave, Irvine, CA 92612

This industrial-chic spot serving elevated Southern classics stocks an extensive array of whiskeys.

#### Breakfast Republic

4213 Campus Dr Suite P166B, Irvine, CA 92612 Innovative breakfast dishes with a twist

# • CUCINA enoteca Newport Beach

951 Newport Center Dr, Newport Beach, CA 92660 Seasonal Italian eats with a Californian spin plus craft cocktails & wine shop in rustic-chic digs.

# • Eddie V's Prime Seafood

1370 Bison Ave, Newport Beach, CA 92660 Upscale seafood and steakhouse

#### Eureka! Irvine

4143 Campus Dr, Irvine, CA 92612 All American Cuisine featuring craft beers & whiskey bar

#### Everyday Eatery

6634 Irvine Ctr Dr, Irvine, CA 92618 Cafes, Breakfast, Brunch & Lunch

#### • Farmhouse at Roger's Gardens

2301 San Joaquin Hills Rd, Corona Del Mar, CA 92625



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

Rustic, garden-style eatery with upscale, locally sourced American fare, cocktails & regional wines.

#### Flower Child

1302 Bison Ave, Newport Beach, CA 92660 Health-focused, made-from-scratch menu catering to various lifestyles including vegetarian, vegan, gluten-free, keto, and paleo

#### Freesoulcaffe

191 E Main St., Ste 1B, Tustin, CA 92780 Vegan eatery in Old Town Tustin with cozy patio and diverse menu

#### Great Maple

1133 Newport Center Dr, Newport Beach, CA 92660 Contemporary restaurant serving elevated comfort food with seasonal ingredients in a casual setting.

# \*\*Herb & Ranch | Brian Malarkey's Food Hall

# Walking distance from the venue at Susan Samueli Integrative Health Institute Free Parking as well

5301 California Ave #140, Irvine, CA 92617

Breakfast and lunch spot featuring classics such as burritos, wrap, sandwiches, salads, and poke bowls. Multiple food and/or drink stations. Outdoor and indoor seating

#### Il Fornaio Irvine

18051 Von Karman Ave, Irvine, CA 92612 Upmarket chain for Italian dining, including freshly made pasta & bread from an in-house bakery.

#### ItsTofu

4790 Irvine Blvd, Ste 106, Irvine, CA 92620 Korean spot with flavorful tofu soups and a variety of banchan

#### JA Jiaozi Authentic Dumplings

13776 Jamboree Rd., Irvine, CA 92602 Handmade dumplings and other Chinese dishes

# • Le Diplomate Bakery Cafe

4237 Campus Dr B 161, Irvine, CA 92612 Classic sandwich shop with a French and Vietnamese twist and famous garlic sauce



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

### Mendocino Farms

4175 Campus Dr, Irvine, CA 92612 Sandwich market offering a variety of sandwiches and salads

# \*\*Moon Goat Coffee Cafe

0.1 mile from venue

5171 California Ave unit 100, Irvine, CA 92617

### MOULIN Moulin - Welcome to Paris in Orange County

1000 Bristol St N St. 10, Newport Beach, CA 92660 Authentic Parisian experience with fresh-baked breads, pastries, and savory food.

#### North Italia

2957 Michelson Dr, Irvine, CA 92612 Italian restaurant

#### Northern Cafe

4175 Campus Dr, Irvine, CA 92617 Chinese, Noodles, Hot Pot, Dumplings

# Poached Neighborhood Kitchen

17595 Harvard Ave A, Irvine, CA 92614 Breakfast & Lunch

#### Postino Park Place

2981 Michelson Dr suite e, Irvine, CA 92612 Charming wine bar with a cozy interior, known for its variety of bruschetta

### • Rothschild's Restaurant

2407 East Coast Hwy, Corona Del Mar, CA 92625 Serving Northern Italian & Continental classics for 30+ years in a stately, old-school setting.

### Seabirds Kitchen

2930 Bristol St., Costa Mesa, CA 92626 Vegan haven with vibrant seating and standout fried avocado tacos

#### Siam Station

92 Corporate Park, Ste H, Irvine, CA 92606 Thai, Asian Fusion

#### SideDoor



Tips to Help You Maximize Your Experience at the 15th Annual IM4US Conference

3801 East Coast Hwy, Corona Del Mar, CA 92625

This cozy English gastropub serves seasonal small plates & craft beers amid sofas & fireplaces.

#### Solstice

18555 Jamboree Rd., The Boardwalk, Irvine, CA 92612 New American, Modern dining

#### Tang 190

14121 Jeffrey Rd., Irvine, CA 92620 Korean, Soup, Noodles, comfort food

### • Tender Greens

4237 Campus Dr B 165, Irvine, CA 92612 Fresh, healthy salads, bowls, and plates with a focus on locally sourced ingredients

### The Goldfinch Restaurant

2000 Main St Suite 200, Irvine, CA 92614 New American and cocktail bar

#### The Plot

2937 Bristol St., Ste100, Costa Mesa, CA 92626 Vegan eatery with whimsical design offering creative dishes and a cozy outdoor patio

#### • True Food Kitchen

451 Newport Center Dr, Newport Beach, CA 92660 Relaxed, eco-chic chain serving health-conscious fare, including vegan options, plus cocktails.

#### Vibe Organic Kitchen & Juice

1000 Bristol St. N, Newport Beach, CA 92660 Bright vegan spot offers hearty bowls and vibrant smoothies with organic ingredients