



Wellness & Health Coach Certification Intensive

(Wellness 360™ Wellness Coaching Methodology)

December 12th – 15th (Weds - Sat)

Visit Houston

Houston Calendar of Events

<http://www.visithoustontexas.com/travel-tools/events/>

Houston Zoo

6200 Hermann Park Drive, Houston
www.houstonzoo.org

Beer Can House

222 Malone Street, Houston
www.orangeshow.org/beer-can-house/

Houston Galleria

5085 Westheimer Rd, Houston
www.simon.com/mall/?id=805

Houston Museum of Natural Science

One Hermann Circle Drive, Houston
www.hmns.org/

Space Center Houston

1601 NASA Parkway, Houston
www.spacecenter.org/

Discovery Green

1500 McKinney, Houston
www.discoverygreen.com/

Museum of Fine Arts, Houston

1001 Bissonnet at Main, Houston
www.mfah.org/

What to Bring?

Pen and paper for notes

Good walking shoes

A swimsuit

A journal for reflection

Casual attire - plan for moderate and warm weather with some possibilities of mist and rain.

A good attitude and openness to learning!



Enjoy Houston, Texas

Join us at Rice University for 4 days of great learning with people passionate about health and wellness. We thank Rice U for their hospitality and support of wellness!

Rice University

Rice University | Wellness Center
6100 Main St. | MS-704 | Houston, TX 77005-1823
713.348.5194 | wellbeing.rice.edu

<http://www.rice.edu>

Lodging Information

Holiday Inn Houston Medical Center

\$99/night, free parking and provided a free shuttle to/from the Rice campus.
Contact - George Hernandez (say you are with the Rice U group)
713-528-7744

Directions

<http://www.campustravel.com/university/rice/>

How to get to Rice University

http://futureowls.rice.edu/futureowls/How_to_Get_Here.asp?SnID=1888057184

Traveling to Houston: Houston has two airports - Hobby (HOU) and Bush Intercontinental (IAH). Taxi rates to the Texas Medical Center (Zone 3) are below. Hobby Airport is closer to Rice University.

- Hobby Airport Taxi Zone Map
<http://www.yellowcabhouston.com/fare_info_hobby.aspx>
- Intercontinental Ground Transportation <<http://www.fly2houston.com/iah-ground-transportation>>
- Houston Airport Map
<http://wellness.rice.edu/uploadedFiles/Wellness_Center/Events/houston-airport-map.pdf>

If you need assistance please contact Deborah

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