

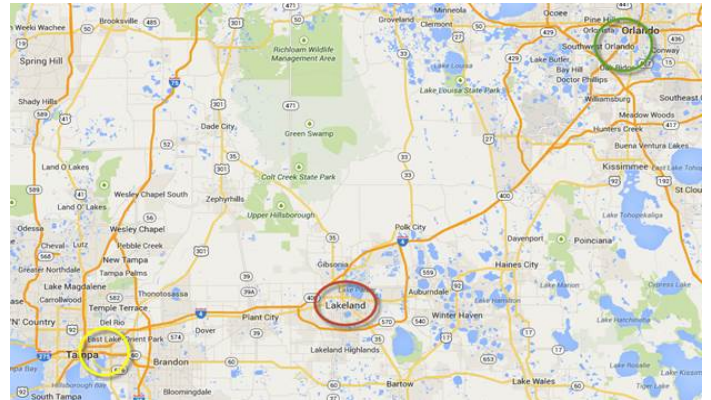
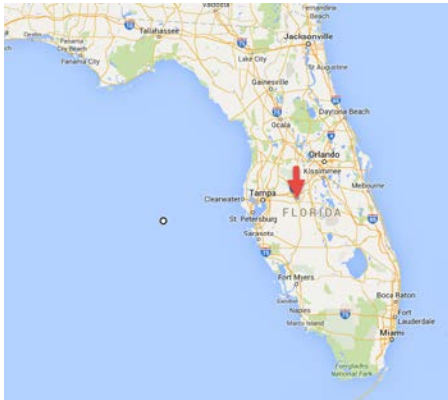
Med-Hot University Training

We are looking forward to training you! We hope you find the information below useful as you plan your trip. Please don't hesitate to call us if you need help.

We are located in Lakeland, Florida in the Center of the state.



Where to fly:



- We are within an hour of **Tampa** and an hour+ of **Orlando International Airports**. Tampa is a bit closer and often easier to get to. Remember, from the Orlando airport you may encounter Disney traffic (but worth it for a non-stop flight).

Transportation to Lakeland from the Airports:

- Some of our clients have had good luck with Uber. **Sundance Shuttle and Limousine** provides services from both airports. For 1-2 people fees are \$85 each way from Tampa and \$95 from Orlando. Call 863-512-3334 and give at least 12 hour notice. They are located in Lakeland. If you choose these options, we can pick you up and take you back to the hotel each day.
- Rental Car - available at both airports.

Where to Stay - Hotels Near our Training Office

- [Hampton Inn](#) (BEST): This hotel is about 8 minutes from our facility and in the middle of Lakeside Village, Lakeland's premier shopping and entertainment district. Ask for the **Med-Hot Corporate rate** and this hotel room will cost \$119 per night, plus tax and includes breakfast. In the evening, Med-Hot Thermal Imaging • 5120 S. Florida Ave. Suite 301 • Lakeland, FL 33813
P: 863-646-1599 F: 863-646-1544 • EM: cchandler@med-hot.com

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you can walk to and enjoy Lakeside Village with great shopping, movie theatre and restaurants. If possible, stay here!

- [Terrace Hotel](#): This is a charming renovated vintage hotel, about 15 minutes from our office, located in the heart of Downtown Lakeland; includes room service, easy access to excellent restaurants and picturesque walking and jogging trails around Lake Mirror. Enjoy complimentary Wi-Fi, a business center, valet parking, and much more. Rates vary according to time of year, but the range is \$109-\$139 per night.
- [Holiday Inn Express & Suites, Lakeland South](#). This is a brand new hotel located at 3405 South Florida Avenue, very close to us. 1-800-315-2621. Rate \$124 **LNR booking link**:
If you do not use the booking link you can still enter the corporate ID on the website and your corporate rate will appear/or reservations can be made via phone 863.606.1000 + press 1 for reservations, and mention the corporate ID number to get the rate.
Rate code: IX2C7
Corporate ID: 786850642

Training – What to expect

- Please dress comfortably but professionally. No jeans, shorts or sandals please.
- Plan on being at our training facility no later than 9:00 AM every morning.
- We will be having classroom time as well as hands on imaging of live models.
- We will provide lunch and break snacks each day; soups, salads and generally low carb lunches.
Please let us know if you have any food allergies or preferences.
- We should be finished by 5:30 each day.
- For dinner, we have no shortage of restaurants here in Lakeland!



Carol Chandler DOM, CCT



Kristin Burton CNHP, CCT

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