



General Information for DC FLI Attendees

Dear Members and Guests,

"It the most wonderful time of the year....." There won't be snow, but there certainly will be festivities!

This email is not designed to answer the millions of questions you have, but here are some of the basic details you need to know for now:

Weather

☞ Bring an umbrella. Right now it's looking like a beautiful spring day in the 70's with low humidity. That can change quickly though so be prepared.

Transportation

☞ The Liaison Hotel is on the Senate side. Using metro, you can exit at Union Station (red line, and it's 2 blocks away) or use the Capitol South exit on the House side (blue and orange lines, and it's across the Capitol Hill plaza)

☞ From National Airport, you can take the metro and either go to Capitol South, or transfer to the red line at Metro Center and exit Union Station. A cab is usually less than \$20.

☞ From BWI you can take the Marc Train to Union Station or use Super Shuttle. A cab is about \$75.

☞ From Dulles you can take a cab, again about \$75. Or take [a shuttle \(level 4\)](#) to West Falls Church Metro

Dress

☞ At the training you are welcome to be in business casual attire.

☞ Monday morning for Hill visits and the reception, please dress business attire. Jackets and ties are preferred for the gentlemen. Remember the halls of Congress are marble and a bear to be on all day. Not to mention you'll be traversing across a very large campus moving from Senate to House. Comfortable shoes are essential.

Food

☞ On Saturday and Sunday we'll provide breakfast and lunch. [Dinner will be on your own.](#)

☞ Monday before you leave for the Hill we will have breakfast. Lunch on the Hill will be grabbed on the run at one of the many cafeterias. Please plan accordingly to bring what you need to keep you running!

☞ Monday at the reception we hope to have enough food for everyone, but will ask that our guests eat first. Last year we totaled more than 600 folks!

Content

☞ We are making all your Hill visits now!

☞ Here is a link to lobbying basics, as shared with us by our friends at the Natural Products Association. For those of you a long way from a civics class, it will be very helpful.

☞ As far as what we want from Congress, we will have ample time to familiarize you with the content of our issues. We will make certain every question you have is answered completely!

We are scheduled an email blast to get folks involved in a virtual way and advocate for our position on loan repayment – letting everyone have a shot at Congress. This promises to be the best DC FLI ever and I can't thank you enough for your involvement!!!

Karen

Karen E. Howard
Executive Director
American Association of Naturopathic Physicians