

# Crisis to Confidence: Turning “Bad” into “O.K.”



**Local Host:** Cat Markosky  
**Location:** STAT Ligonier Therapeutic Center  
24 Stom Rd, Ligonier, PA 15658  
**Date & Time:** April 22-24, 2021  
(Thurs. – Sat.) 9:00 A.M. – 5:00 P.M.

## **Accommodations:**

- Ramada Ligonier – 216 W Loyalhanna St., Ligonier, PA 15658 Rates from \$136 (724)238-9545
- Holiday Inn Express – 3695 PA-31 East, Donegal, PA 15628 Rates from \$109 (724) 593-1881

## **Directions to Hotels from the Pittsburgh International Airport (PIT)\***

**\*Latrobe Airport (LBE) is a closer option with limited flights.**

### **Ramada Folks:**

1. Head northeast on Airport Blvd 20 ft
2. Use the middle lane to turn slightly left to stay on Airport Blvd 0.1 mi
3. Keep right to stay on Airport Blvd 0.5 mi
4. Slight left to stay on Airport Blvd 0.9 mi
5. Use the left 2 lanes to keep left at the fork, follow signs for I-376 E/I-79 E/Pittsburgh/Pennsylvania Turnpike E and merge onto I-376 E 0.6 mi
6. Merge onto I-376 E 16.4 mi
7. Keep right to stay on I-376 E 4.5 mi
8. Keep left to stay on I-376 E 9.9 mi
9. Take exit 85 to merge onto I-76 E (TOLL ROAD) 11.0 mi
10. Take exit 67 toward US-30 E(TOLL ROAD) 0.5 mi
11. Keep left to continue toward US-30 E 223 ft
12. Keep right at the fork, follow signs for US-30 E/Greensburg and merge onto US-30 E 0.2 mi
13. Merge onto US-30 E 26.1 mi
14. Turn left onto W Main St 0.6 mi
15. Turn right onto S Dice Alley 377 ft
16. Turn left 108 ft

Destination will be on your left.

71.5 miles | 95 minutes

## *Seminar Data Sheet*

### **Holiday Inn Express Folks**

1. Head northeast on Airport Blvd 20 ft
  2. Use the middle lane to turn slightly left to stay on Airport Blvd 0.1 mi
  3. Keep right to stay on Airport Blvd 0.5 mi
  4. Slight left to stay on Airport Blvd 0.9 mi
  5. Use the left 2 lanes to keep left at the fork, follow signs for I-376 E/I-79 E/Pittsburgh/Pennsylvania Turnpike E and merge onto I-376 E 0.6 mi
  6. Merge onto I-376 E 16.4 mi
  7. Keep right to stay on I-376 E 4.5 mi
  8. Keep left to stay on I-376 E 9.9 mi
  9. Take exit 85 to merge onto I-76 E (TOLL ROAD) 18.9 mi
  10. Keep left to stay on I-76 E (TOLL ROAD) 15.3 mi
  11. Take exit 91 for PA-31 toward PA-711/Ligonier/Uniontown (TOLL ROAD) 0.4 mi
  12. Turn left onto PA-31 E 0.7 mi
- Destination will be on the left

68.2 miles | 73 minutes

### **Directions from Hotels to STAT Ligonier Therapeutic Center**

---

#### **Ramada Folks:**

1. Head northwest toward S Dice Alley 108 ft
2. Turn left onto S Dice Alley 62 ft
3. Turn left at the 1st cross street onto W Loyalhanna St 0.2 mi
4. Turn right onto PA-711 S/S Market St 5.3 mi
5. Turn right onto Stom Rd 0.1 mi

5.6 miles | 10 minutes

#### **Holiday Inn Express Folks**

1. Head northwest on PA-31 W/PA-711 N 0.3 mi
2. Turn right onto PA-711 N 0.6 mi
3. Turn right onto PA-711 N/Ligonier St 7.0 mi
4. Turn left onto Stom Rd 0.1 mi

8 miles | 12 minutes

## *Seminar Data Sheet*

### **Area Attractions**

---

Laurel Highlands Tourist Town – Offers many attractions

Idlewild & Soak Zone

Fort Ligonier

Mountaineer Casino Racetrack & Resort

### **Dining Options**

---

The Kitchen on Main

El Vaquero Mexicano

### **Weather**

---

We will be in an outdoor or covered/enclosed arena for the seminar. Ligonier, PA in late April can be mild or cool, with average highs in the 60s, and nighttime lows in the 40s. Hats, gloves, and sunglasses, are a great idea. Dress in plenty of layers.

### **What to Bring**

---

- Layers of clothing (lots!)
- Hats and sunscreen!
- Notebook
- Lip Balm and Tissues
- Camera
- Brochures and business cards for your services (if any)