Total Retiree Advantage Illinois
Your Trail to Better Health

TRAIL Seminar Schedule

Any impacted retiree may attend any meeting

October 14, 2014
Giovanni's
610 N. Bell School Road
Rockford, IL
9:30 a.m. – 11:30 a.m.

Northern Illinois University
Holmes Student Center -
Sandburg Auditorium
340 Carroll Avenue
DeKalb, IL
1:30 p.m. – 3:30 p.m.

October 15, 2014
Hyatt Deerfield
1750 Lake Cook Road
Deerfield, IL
9:30 a.m. – 11:30 a.m.

Hilton Garden Inn St Charles
4070 E. Main Street
St Charles, IL
3:00 p.m. – 5:00 p.m.

October 16, 2014
Hilton Oak Lawn
9333 S. Cicero Avenue
Oak Lawn, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

October 17, 2014
Holiday Inn & Suites Carol Stream
150 S. Gary Avenue
Carol Stream, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

October 20, 2014
Prairie State College
Conference Center Auditorium
202 S. Halsted Street
Chicago Heights, IL
9:30 a.m. – 11:30 a.m.

Clarion Hotel Joliet Banquet & Convention Center
411 S. Larkin Avenue
Joliet, IL
3:00 p.m. – 5:00 p.m.

October 21, 2014
Hilton Garden Inn Kankakee
455 Riverstone Parkway
Kankakee, IL
9:30 a.m. – 11:30 a.m.

October 22, 2014
Unique Suites Hotel
920 W. Lincoln Avenue
Charleston, IL
9:30 a.m. – 11:30 a.m.

Chateau Hotel & Conference Center
Ballroom
1601 Jumer Drive
Bloomington, IL
3:00 p.m. – 5:00 p.m.

October 23, 2014
Holiday Inn Champaign-Urbana
Ballroom
1001 Killarney Street
Urbana, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

James R. Thompson Center (JRTC)
100 W. Randolph Street
Assembly Hall, Concourse Level
Chicago, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

October 24, 2014
Hope Evangelical Church
3000 Lenhart Road
Springfield, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.
(This seminar will be available as a live web broadcast; go to **www.cms.illinois.gov/thetrail** for the link to view)

October 27, 2014
Holiday Inn Rock Island Hotel & Conference Center
226 17th Street
Rock Island, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

October 28, 2014
Gateway Building
200 NE Water Street
Peoria, IL
9:30 a.m. – 11:30 a.m.

Spoon River College
Community Outreach Center
MidAmerica National Bank
Conference Hall
2500 E. Jackson
Macomb, IL
3:00 p.m. – 5:00 p.m.

October 29, 2014
Holiday Inn
4821 Oak Street
Quincy, IL
9:30 a.m. – 11:30 a.m.

Illinois College
Rammelkamp Chapel
1101 W. College Avenue
Jacksonville, IL
3:00 p.m. – 5:00 p.m.

October 30, 2014
Double Tree by Hilton
Collinsville-St. Louis
1000 Eastport Plaza Drive
Collinsville, IL
9:30 a.m. – 11:30 a.m.

Bel-Air Banquet & Events Center
200 South Belt West
Belleville, IL
1:30 p.m. – 3:30 p.m.

October 31, 2014
John A Logan College
Main Building Room #s
F103/F104/F105A&B
700 Logan College Road
Carterville, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

November 3, 2014
Thelma Keller Convention Center
at the Holiday Inn
1202 N. Keller Drive
Effingham, IL
9:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:30 p.m.

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