



48th Annual Convention & MAHO Expo Register Today

Hilton Columbus At Easton
3900 Chagrin Drive, Columbus, Ohio 43219
(614) 414-5000

Group Name: Mid-American Health Organization

Group/Convention Code: 91X

Group Rate: \$183.00/night + tax valid before 6/15

- Registration for the 2024 MAHO EXPO is here!
- Finally...we can see each other, once again! This is your in-person opportunity to connect this summer and catch up on what is new or has happened in the last year.
- We are thrilled to be with each of you, once again, at The Hilton Columbus At Easton this July!
- Don't miss out on this exciting week of fun! Take advantage of everything the MAHO Expo 2024 exhibiting companies are offering!
- Register TODAY** and join us, once again, for a weekend of education, prizes, great discounts, networking with friends but most of all FUN!

We have finalized our program and we can assure you...you WILL be pleased!
Please see the attached program flyer for the full schedule of events!

⇒ Please Complete Other Side

Friday, July 26, 2024



Noon - 4:30 pm.: Lunch and Intensive Workshop, Dr. Lexi Loch, ND, AAS & Cheryl Myers, RN, BA
 "Cancer Answers and Botanical Solutions for Complex Health Problems"
 Courtesy of EuroPharma/Terry Naturally



5:00 – 7:00 p.m.: Dinner and Seminar, Liza Docken
 "Safe Internal Use of Essential Oils"
 Courtesy of Pranarom



7:15 - 8:30 p.m.: Nightcap Mini-Session, Stacey Littlefield, Master Herbalist
 "Menowise, PMS & It's Unique Impact on Women's Health"
 Courtesy of Redd Remedies

Saturday, July 27, 2024



8:00 – 10:00 a.m.: Breakfast and Seminar, Brendan Gaughran
 "Part 1: A Better Partnership for Independent Health Food Stores"
 "Part 2: Metabolic Syndrome: Epidemic Overview and Natural Solutions"
 Courtesy of Liver Medic



10:15 – 11:30 a.m.: Margorie Roberts, BSN, NSHP, DAHom
 "Steer Your Customers to 'Natural' OTC Medicines"
 Courtesy of Newton Homeopathics



11:45 – 1:00 p.m.: Dr. Crystal Gossard DCN, CNS, LDN
 "Key Nutrients that Drive Healthy Aging"
 Courtesy of Life Extension



1:00 - 3:00 p.m. Lunch and Seminar, Carl Germano
 "The Plant Based Advantage to Peak Performance"
 Courtesy of Bluebonnet



6:30 – 8:30 p.m. Dinner and Seminar, Nicole Gitlin, H.H.P.
 "Fueling Your Mind: Omega-3 Fatty Acids and Cognitive Performance"
 Courtesy of Nordic Naturals



8:30 – 9:30 p.m. President's Reception
 Sponsored by MAHO and Cornbread Hemp

Sunday, July 28, 2024



9:30 – 10:45 a.m.: Breakfast & Seminar, Jim Higdon
 "Bluegrass Basin Hemp: Authenticity, Sustainability, and Advocacy in Herbal Supplements"
 Courtesy of Cornbread Hemp



10:45 a.m. - 12:00 Noon: Tom Dadant
 "Updates on the Mushroom Mycelium and Fruiting Body Discussion"
 Courtesy of Host Defense Mushrooms

Saturday Show Floor Open: 3:00 - 6:00 p.m.
Sunday Show Floor Open: Noon - 4:00 p.m.

Sunday Annual Business Meeting - MAHO Board of Directors: 9:00 - 9:30 a.m.
Sunday Prize Drawings (Easton Foyer): 4:00 - 4:30 p.m.

MEAL RESERVATION FORM

48th Annual Summer Splash Convention & MAHO Expo - July 26-28

Print Store Name/Address, City, State, Zip/ Phone and Email

Please print clearly for badge preparation, including name to appear on badge and check all meal functions you will attend.



Badge Name (first & last)	Friday Lunch	Friday Dinner	Friday Night Cap	Saturday Breakfast	Saturday Lunch	Saturday Dinner	Sunday Breakfast	Dietary Preferences			
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Everyone MUST be registered and wearing a MAHO Badge to all functions. All pre-registered attendees may pick up badges at Registration desk.

ADVANCED RESERVATIONS required for all meal functions.

No refunds will be issued at the show. Cancellations must be received in writing by July 1, 2024

Annual Membership Dues \$95.00 (Additional Corporate Stores \$35.00).

Annual Dues may be submitted with reservation form.

Nonmember Badge and meal fees must be submitted with meal reservation form.

*Fri. & Sat. Lunch \$30.00

*Fri. & Sat. Dinner \$50.00

*Sat. & Sun Breakfast \$30.00

If you register more than 6 attendees, please duplicate this pdf and type in the fillable fields before submitting

Please download this form from your email to your computer desktop.

Complete the fillable sections by TYPING directly into the form. Save the form and reattach it to an email:

Mail this form to:

MAHO
7219 Sawmill Rd. Ste 105-A
Dublin, OH 43016

Or Email To:

marcy@maho4health.org
diane@maho4health.org

Or Fax To:

614/798-1118

Or Call:

800/795-6246



Please Complete Other Side



2024 MAHO Expo and “Summer Splash” Convention
July 26-28 • Columbus, Ohio

The Hilton Columbus at Easton has been selected as the host hotel for our July 2023 Convention.

Please use the following information when making your reservation.

Group Name: **MAHO / Mid American Health Organization**

Group Code: **91X**

Group rate: **183.00** (per night + tax)

Dates Group Rate Applies: **JULY 25 - 29, 2024**

Reservations made after 6/15/24 will be subject to availability and higher rates.

Guest room types are not guaranteed, but can be requested. Rooms have either two Double Beds or one King Bed with a sleeper sofa. Any requests for connecting rooms are also based on availability. All rooms are non-smoking.

If mailing this request to the hotel, please complete:

Arrival Date: _____ Departure Date: _____

of Adults _____ # of Children _____

Name _____

Address _____

Credit Card for Guarantee _____ Exp _____

Telephone # _____

Additional Notes or Room Type Requested: _____

You will not get MAHO's group rate if booking with corporate or online.

**Reservations as of 6/16 : please call the MAHO Office and
make your reservations directly with Marcy, for hotel reservations
and to get the group rate @ 614-798-1117**

