



# 2023 Spring Conference | April 20-22

The Hotel Roanoke & Conference Center | Roanoke

## AREA ACTIVITIES

### FRIDAY, APRIL 21 - Blue Ridge Axe Throwing

Registration required for up to 25 people, guests are welcome.  
Event fee covered by Vanderpool Frostick & Nishanian, P.C.  
Located at Blue Ridge Axe Throwing, 1201 Shenandoah Ave NW (2 miles away)  
Play time is from 3 to 5 p.m.  
Event includes throwing lesson, game play, and non-alcoholic drinks. Contact Amy Sales to register at amy.sales@easterassociates.com.

Sponsored by:



VANDERPOOL  
FROSTICK &  
NISHANIAN, P.C.

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### FRIDAY, APRIL 21 - Brady's Distillery Tour and Tasting

Registration required for up to 20 people per time slot, guests are welcome.  
Cost is \$25 per person.  
Located at Brady's Distillery (1.5 miles away) 711 Pocahontas Ave NE  
Tours are 3:30 and 4:30 p.m.  
Event includes tour and tasting flight.  
Contact Amy Sales to register at amy.sales@easterassociates.com.

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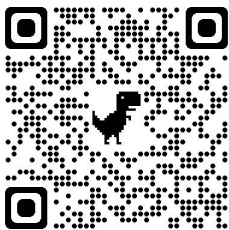


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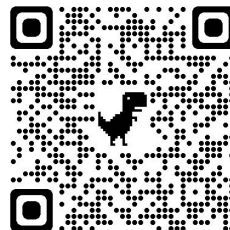
### LGA Book Exchange

Bring a new or gently loved book for a fellow LGA-er! A box will be available at the registration desk for book drop off or pick up. If you're looking for a quiet Friday afternoon, consider picking up a good read and enjoying one of our host hotel's service outlets or cozy nooks for a few hours.

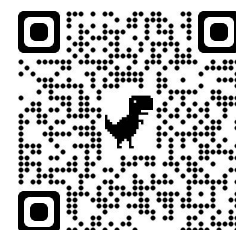
### Other Area Activities (no agreements have been made with these providers)



Virginia's Blue Ridge Cheers Trail



Mill Mountain Zoo



Historic Roanoke City Market

### THURSDAY, APRIL 20 - Friends of Bill W. Meeting

LGA has collaborated with Virginia Judges and Lawyers Assistance Program (VJLAP) to provide a space where folks in recovery can gather and support each other on Thursday, April 20 from 4:30 to 5:30 p.m. before LGA's Opening Night Party. Attendees can privately gather with a VJLAP representative in the Bent Mountain room.

### FRIDAY, APRIL 21 - Group Meditation

LGA's Attorney Wellness Committee will host a guided group meditation on Friday, April 21 opening at 7 a.m. with a 7:30 a.m. start time.