

Live Well, Design Well

A Mindful Event for Trade Members

Thursday, February 6, 2025

What is “Live Well, Design Well?”

Michigan Design Center and our showrooms will host a special “Wellness Day” to express our gratitude to our valued **trade members**. The event focuses on promoting wellness and helping busy professionals in the design field better themselves, so they can, in turn, help their clients create healthier lifestyles in their homes.

MDC hopes to feature a keynote presentation from a professional offering actionable advice on achieving balance in a busy design career, or other topic.

How can showrooms participate?

Showrooms are encouraged to host activities, promotions, or presentations in their showroom that align with the theme of wellness. Examples include:

- Complimentary chair massages
- Yoga or Pilates demonstrations
- Healthy cooking demonstrations or promotions
- Partnerships with local spas or studios
- Presentation by a style expert on dressing for job site success

Guidelines for participation

- Activities should accommodate drop-in visitors throughout the day or, if a demonstration/presentation is planned, consider offering multiple sessions.
- Plan offerings to fit the building-wide nature of the event, keeping in mind that trade members will be moving between showrooms.

If your showrooms is interested in participating, please complete the participation form on page 2 of this document and return to Patty Goldstein in person in Suite 84 or via email at patty@michigandesign.com by **Friday, December 13, 2024**.

We look forward to collaborating with you to make this a meaningful day for our trade members!

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Participation Form

Showroom Name:

Showroom Contact Person:

Activity Type (check all that apply):

- Drop-in activity
- Demonstration/presentation

Describe Your Proposed Activity/Demonstration:

Preferred Time(s) for Demonstration/Presentation (if applicable):

Special Equipment or Support Needed from MDC:

(Equipment request forms can be filled out on page 3 of this document)

Do you have any additional comments regarding your participation?

Submission Deadline:

Please return this completed form to Patty at patty@michigandesign.com by Friday, December 13, 2024.

MICHIGAN DESIGN CENTER

Meeting & AV Equipment Request

Requested by (Contact): _____

Showroom: _____

Event Date: _____ Event Time: _____

Need Set Up By (Date & Time): _____

TABLES

6' X 24" Beige Laminate Table (25) QTY: _____

6' X 30" White Laminate Table (15) QTY: _____

72" Round Wood Tables QTY: _____

Hi Top Tables – Silver (17) QTY: _____

Hi Top Tables – 2' X 4' (6) Rectangular (41" Tall) QTY: _____

CHAIRS

Beige Pattern with Cushion (218) QTY: _____

Cordless Microphones (2) QTY: _____

White Plastic (157) QTY: _____

MEETING ACCESSORIES

Pipe & Black Drape (2 Sections) QTY: _____
(Each section 9' wide X 7' tall)

Silver Trash cans (8) QTY: _____

Coat Racks (2)

AV/PRESENTATION

Epson Projector Cart

LCD Projector with Connections & Remote

Portable Projector Screen (1)

Tall Display Cube/Podium (1) 36"X18"

Podium (1)

Bluetooth Portable Speaker

(FOR MUSIC USE ONLY!!!)

Lavalier Microphone (3) QTY: _____

Stainless Steel Easels (2) QTY: _____

Heavy Duty Lg Easels (2) QTY: _____

Collapsible Easels (53) QTY: _____

Flip Chart (1)

Please list any other special requirements or set up regarding movement of furniture, products or displays required for your event.

NOTE: MDC AGREES TO LOAN ITS EQUIPMENT TO A MICHIGAN DESIGN CENTER (MDC) SHOWROOM FOR THE BENEFIT OF AN MDC SPONSORED EVENT. THE SHOWROOM WILL BE RESPONSIBLE FOR RETURNING EQUIPMENT IN GOOD REPAIR. IN THE EVENT OF DAMAGE AND/OR LOSS, REPAIR/REPLACEMENT COSTS WILL BE THE RESPONSIBILITY OF THE BORROWING SHOWROOM.

Revised 10/18/24