

Hello CALM at Heart Attendees,

We are just over two weeks out from CALM at Heart! This is #3 of my weekly series of important information and frequently asked questions leading up to CALM at Heart. I hope these updates have been useful to learn all the details of the event. You are receiving this email because you have purchased a sponsorship/tickets, or are a guest of a sponsor/ticketholder. To read previous CALM at Heart emails, please click here:

[#1](#) (Table Lists and COVID-19 protocols)

[#2](#) (Parking and Auction information)

Thank you so much to all who provided your guest lists and COVID-19 vaccine status. We are asking all guests to provide a copy of their vaccine card or a negative PCR test within 48 hours of CALM at Heart. My goal is to gather all vaccine information no later than October 29.

Please continue to send in both vaccine cards and guest names using the following links:

Guest names and emails: amccague@calm4kids.org

COVID-19 Vaccine Information: <https://www.surveymonkey.com/r/ZVY72GQ>

Lunch Menu

Seasons Catering has put together a terrific lunch menu for all our guests. We'll be enjoying a hearty Mediterranean salad with chicken as our main course. If you would like a vegetarian meal, please email Ashlyn at amccague@calm4kids.org.

Silent Auction Information

In addition to a live auction, the CALM at Heart committee has put together a very select group of fantastic silent auction items. Choose between:

- Getaway to Los Olivos with all the delights of wine country,
- Slater Designs surfboard and Ugg boots to slip into after an epic sesh
- Gift certificate to premier Italian luxury brand Marni
- And more!

You can bid on the items, or simply 'buy now' knowing your purchase directly supports CALM's therapeutic and healing services.

Look for more information from me next week, and if you have any questions in the meantime, please email me. I will compile all FAQs with answers into next week's CALM at Heart email.