

create opportunities FOR YOUR GROUPS TO **connect**

Sheraton Hotels & Resorts creates innovative spaces and programming that enable productive meetings and allow your attendees to better connect with each other.

A Good Night's Sleep

Give your group a good night's sleep on the Sheraton Sweet Sleeper™ Bed, designed to meet AAA's 5 Diamond Award Criteria.



Healthy Menu Options

Through collaboration with the leading team of dieticians at Core Performance®, Sheraton has created Color Your Plate™, a program that provides menu options full of well-balanced, flavorful meals for your meetings. Our dishes combine whole grains, fruits and vegetables, lean protein and healthy fats to help control and sustain energy levels for your attendees.

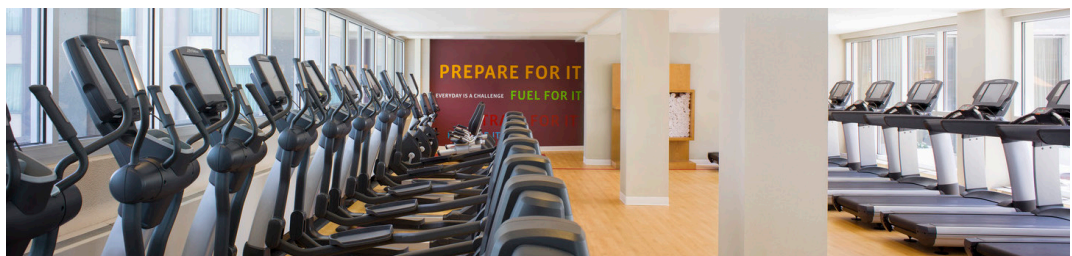
Stay Connected

Your attendees can come together to meet, connect and relax at the Link@SheratonSM experienced with Microsoft®. Whether taking care of business, gathering to informally network, or staying connected with free Wi-Fi, this is the center of activity at Sheraton Hotels.



Increased Energy & Performance

Sheraton has partnered with Core Performance® to develop an exclusive fitness program to help your attendees increase energy and performance. Today, our Sheraton Fitness Centers are bigger and offer state-of-the-art equipment and exercise routines that fit individual needs.



To learn more about how Sheraton creates opportunities for your groups to connect, visit starwoodmeetings.com/Sheraton.



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