

# STORM IN MY HOUSE

# BAR INSTITUTE

Vol. 2

LEG 2 - STORM IN MY HOUSE

Social Justice Cause:  
**Mental Health and Wellness.**

4/9 OKLAHOMA CITY

4/10 DALLAS

4/11 AUSTIN

4/12 SAN ANTONIO

4/13 HOUSTON

INSIDE:

INTERVIEWS

MENUS

CLASS SCHEDULES

PROPAGANDA



# BAR INSTITUTE *econo*

Bar Institute Econo is a new approach to delivering the core promise of lush life's programming, which is to build community through education. By developing more & better opportunities for bar professionals, we, as a community can sustain lifelong careers & push for more equitable employment practices, fair wages & generally improved work environments. Over the course of this 7 week tour, Bar Institute Econo will visit 25 cities and offer at least 100 classes with 100% of the funds we raise benefiting CORE, our chosen charity partner (read more about them on pg. 2). Along the way, we will be "jamming econo," a concept we borrowed from The Minutemen. We will be hosting these events in any space that will have us, making the most of what the community makes available to us. We will build this with you, for you. "Econo is an old concept," says Mike Watt. "The punk rockers picked up on that, the idea of scarcity & just using what you've got. And maybe more of you comes through because there's less outside stuff you're sticking on - all you've got is you, so you have to make something out of it."

-LINDSEY FOUNDER

## TABLE OF CONTENTS

- 
4. Healthcare Availability
  5. Class Schedule: Oklahoma City
  6. Menu: Oklahoma City
  7. Menu: Oklahoma City
  8. Interview with Anna Mains
  9. What Can Employers Do?
  10. Class Schedule: Dallas
  11. Class Schedule: Dallas
  12. Menu: Dallas
  13. Menu: Dallas
  14. Bulleit Boilermaker
  15. Bulleit Boilermaker
  16. Class Schedule: Austin
  17. Menu: Austin
  18. Interview with Amie Ward
  19. Interview with Amie Ward
  20. Stretches
  21. Repetitive Stress Injuries
  22. Save the Date
  23. Class Schedule: San Antonio
  24. Menu: San Antonio
  25. Menu: San Antonio
  26. Core Gives
  27. How to Throw a Charitable Event
  28. Menu: Houston
  29. Menu: Houston
  30. Class Schedule: Houston
  31. Interview with Karen Hume
  32. Sponsors
  33. Sponsors
  34. Mail Order
  35. Mail Order
  36. Back Page

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18% of restaurant workers have insurance through work.

WHAT DO THE REST OF US DO?

increased risk for self harm

massive healthcare bills

increased stress

weight gain

NO INSURANCE

Self medication

NO CARE

alcohol + drug abuse

Compounded untreated issues

94% of restaurant workers report mental health issues.

Reported Drug Use at work  
HOSPITALITY 19.1%  
EVERYONE ELSE 9.5%

- Most Common
1. DEPRESSION
  2. ANXIETY
  3. SUBSTANCE ABUSE

73% reported multiple issues



everyone is suffering.

BE COMPASSIONATE.

TAKE CARE OF YOU.

# Class Schedule

10am - 11am

**Class Name:** Power of a Mentor  
**Presenter:** Blake Jones, Photographer/Bartender - Lush Life Productions

Orlando, FL

11:30am - 12:30pm

**Class Name:** Real Talk: You're more important than your bar.  
**Presenter:** Andy Moore, MAMFT, LPC | Licensed Professional Counselor  
Oklahoma City, OK

1:30pm - 2:30pm

**Class Name:** Crafting a Brand  
**Presenters:** Anna Mains, Owner - Dekora, Rockford Cocktail Den and Timeout  
Oklahoma City, OK  
Brian Winkler, Owner - Robot House Creative  
Oklahoma City, OK

3pm - 4pm

**Class Name:** Executing a Successful Charitable Event  
**Presenters:** Lindsey Johnson, Founder - Lush Life Productions, Camp Runamok, Bar Institute  
New York, NY  
Britany Leach, Events Team - Lush Life Productions

4:30pm - 5:30pm

**Class Name:** Ingredient Manipulation  
**Presenter:** Ira Koplowitz, Proprietor - Bittercube  
Milwaukee, WI

# INVISIBLE MAN

# OKC MENU

## • BRANCH MENTAL •

CROWN ROYAL DEWYE  
BRANCA MENTA  
BARRON'S  
LEMON  
ANGO

## • HARD STINGING RAIN •

BULLET RYE  
LICOR 43  
BITERCUBE JAMAICA #1  
ANTHEN GOLDEN ONE



## • ONE MAN'S GARBAGE •

AVOCADO PIT INFUSED  
DON Q GRAN ANGO  
OLOROSO  
CAFE ORGEAT  
CHERRY BARK BITTERS

## • IT OVERTAKES ME •

JOHNNIE WALKER RED  
PUNT e MES  
CARPANO DRY  
LICOR 43  
LEMON

## BULLET

## BOILERMAKERS

Q: What can we as an industry be doing better for moms?

A: our industry is centered around bars. Bar events aren't usually kid friendly. I would love to see some more family events done by brands. I think we need to be talking constantly about what can we do to allow a woman to take maternity leave, be able to breast feed & still work a busy shift, understanding to a certain extent the difficulties that may arise for those that have babies & young kids, maybe a network for night-time childcare... that would be a huge help.

A Conversation with

# Anna Mains

Owner: Dekora, Rockford  
Cocktail Den, Timeout



Q: What can we do better to consider women's healthcare issues in the hospitality industry?

A: Really working towards making sure your employees can get basic women wellness exams covered is a must! I think continued awareness & a push collectively from owners to make it a priority to provide healthcare, maternity leave, etc. is the only way we can really make this industry a sustainable career for a woman who wants a family!

Tell us about initiatives you've started in your programs to help bring awareness or support your staff.

A: I haven't had an employee that was pregnant yet, but I have made the commitment to them that I will provide paid maternity leave & schedule support to make it possible to take care of daily needs! I allow my employees to bring their children if they need to to the restaurant, & I try to make sure that I participate in a lot of women's health community initiatives as a business to bring awareness to the issues.

## WHAT CAN EMPLOYERS DO TO SUPPORT THEIR STAFF & THEIR MENTAL HEALTH?

PROVIDE INSURANCE



Have information and professional support network information readily available for staff.

Remove stigma around mental health issues.

CREATE AWARENESS PROGRAMS FOR:

- Safe alcohol use
- Sleep management
- Stress management

HOST TRAININGS

You host these for brands why not include mental health training?

BRING IN EXPERTS!



READING

# DALLAS

## CLASS SCHEDULE

10am - 11am

**Class Name:** Mental Health and Wellness Strategies

**Presenter:**

Ricardo Aguilar, Community Education Director - Mental Health America of Greater Dallas  
Dallas, TX

11:30am - 12:30pm

**Class Name:** Is it Worth it? Let Me Work It: Functional Movement for the

Contemporary Bartender

**Presenter:**

Amie Ward, Beverage Director - r.bar | NCEP Certified  
Personal Trainer  
Baltimore, MD

1:30pm - 2:30pm

**Class Name:** New Tech Hustle: Techniques & Technology for the Modern Bar Program

**Presenters:**

Christy Pope, Founder - Cuffs & Buttons  
Dallas, TX  
Chad Soloman, Founder - Cuffs & Buttons  
Dallas, TX

3pm - 4pm

**Class Name:** To Do or Not to Do

**Presenters:**

Michael Martensen, Co-Founder - Proof +Pantry  
Dallas, TX  
Brian McCullough, Co-Founder - The Standard Pour  
Dallas, TX

4:30pm - 5:30pm

**Class Name:** Executing a Successful Charitable Event

**Presenters:**

Lindsey Johnson, Founder - Lush Life Productions, Camp Runamok,  
Bar Institute  
New York, NY  
Brian Floyd, Creative Director - Sourced Craft Cocktails | Founder - The  
Barman's Fund

DALLAS

DALLAS

MENU

• 8 LONG YEARS •

TEQUILA OCHO PLATA  
CARPANO BIANCO  
PINEAPPLE  
LIME  
SALINE

• BAMBODZLED •

LUSTAU FINO SHERRY  
CARPANO BIANCO  
LICOR 43  
ANGOSTURA  
ORANGE BITTERS

• TIME BOMB, IN MY MIND MOM •

CROWN ROYAL DELUXE  
BARRON'S  
CARPANO ANTICA  
FERNET BRANCA

• DYSLEXIC HEART •

DON Q GRAN ANEJO  
LUSTAU MANZANILLA  
CARPANO BIANCO  
ANGOSTURA

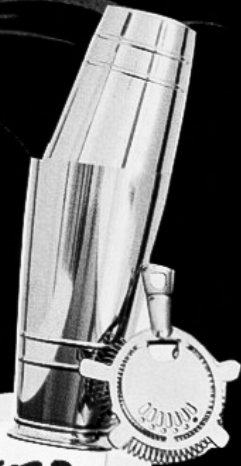
• VEEV'IN ON A JET PLANE •

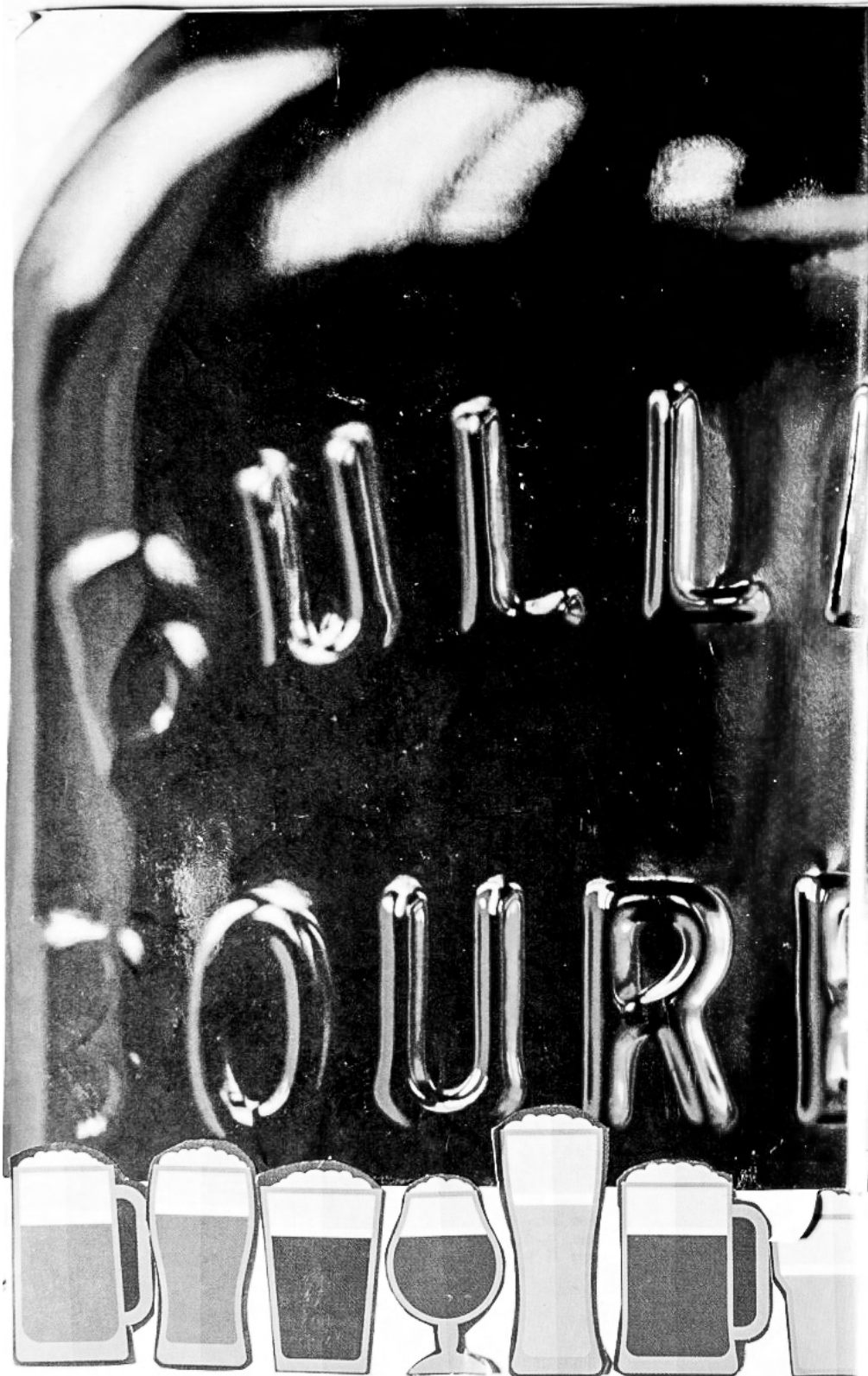
VEEV  
CARPANO BIANCO  
LUSTAU FINO  
LEMON  
Q TONIC

• SMOKE OR FIRE •

JOHNNIE WALKER  
BLACK  
LAPSANG SOUCHONG  
Q CLUB SODA

BULLEIT BOILERMAKERS





Join us @ the  
Bulleit Boiler maker  
bar to try your favorite  
local beers paired  
with a shot of  
Bulleit Bourbon

Pop it.



STILLED AND AGED IN THE BULLEIT FAMILY TRADITION  
**BULLEIT BOURBON**  
FRONTIER WHISKEY  
KENTUCKY STRAIGHT BOURBON WHISKEY  
PLEASE DRINK RESPONSIBLY

Pour it.

Pair it.



@bulleit

#BulleitBoilermaker



Austin

STUBBS

# Class Schedule

Thank you so much.

10am - 11am

**Class Name:** Is it Worth it? Let Me Work It: Functional Movement for the Contemporary Bartender

**Presenter:**

Amie Ward, Beverage Director - r.bar | NCEP Certified  
Personal Trainer  
Baltimore, MD

11:30am - 12:30pm

**Class Name:** NAMI Austin: Myths of Mental Illness

**Presenters:**

Karen Ranus, Executive Director - NAMI Austin  
Valerie Milburn, Peer to Peer Mentor - NAMI Austin | Presenter - Ending the Silence & In Our Own Voice

1:30pm - 2:30pm

**Class Name:** To Comp or Not to Comp: The Art of the Buyback

**Presenter:**

Chris Bostick, Owner & Creative Director - Half Step  
Austin, TX

3pm - 4pm

**Class Name:** You think you know Gin?

**Presenters:**

Tom Nichol, Head of Gin Program - J. Rieger & Co. | former Master Distiller of Tanqueray | Father of Tanqueray 10  
Ryan Maybee, Owner - Manifesto | The Rieger | J Rieger & Co.

4:30pm - 5:30pm

**Class Name:** Mechanical Palate

**Presenter:**

Aisling Gammill, Bartender - Whistler's  
Austin, TX

# AUSTIN MENU

• WAY WE GET BY.

TEQUILA OCHO PLATA  
BULLEIT BOURBON  
DUCHESS DE BOURGNE  
SYRUP  
BITTERCUBE CHERRY BARK

• 99 RED BALLOONS.  
JOHNNIE WALKER RED  
99 BANANAS  
Q CLUB SODA

• THE MITCH KRAMER.  
CROWN ROYAL NORTHERN  
HARVEST RYE  
LICOR 43  
KARO SYRUP  
CHICORY PECAN  
BITTERS

• YOU'RE GONNA MISS ME.  
CARPANO ANTICA  
LICOR 43  
LEMON  
EGG WHITE  
NUTMEG

• BRING ON THE DANCING HORSES.  
DON Q GRAN ANEJO  
LUSTAU PLAZA VIEJA  
PUNT E MES

BULLEIT

BOILERMAKERS

Q: Tell us about your background and expertise  
 A: My background is in exercise physiology & education & I'm a certified personal trainer. I'd bartended for about 5 years part-time before leaving the adrenums of 9-5 life. After transitioning into my new work schedule I realized how difficult it was to incorporate my usual healthy habits & worked to develop a routine that fit my lifestyle. My peers were fairly bewildered to find out how into health & wellness I was, so I started dedicating time to educate bartenders on the necessity for healthy lifestyle choices. Today I run a free weekly movement class for my staff that is designed for hospitality workers and offer \$5 drop ins to anyone else in the industry.

That girl is on FIRE!!

Q & A with **Amie Ward**



Bev. Director  
 @ R. Bar  
 NCEP  
 Certified  
 Personal  
 Trainer

Q: What can bartenders do at home (or in their diets or at their gyms) to be prepared for their shift & keep their bodies running at their full potential?

A: Two things: fuel the machine & stretch. A 16 oz glass of water & a well-balanced meal prior to work plus packing a water jug & protein-rich snacks for the duration (ie. packs of almond butter, trail mix, granola bars) will help provide the energy needed to get through the rigors of a 12-14 hour shift. Stretching your legs, back, shoulders & arms (including wrists) will help loosen up the major muscle groups that will see the most action during a shift. If your weekly schedule permits, picking one day to meal prep 3-5 days worth of snacks and dinners will alleviate the burden of having to cook before or after your shift. Additionally, 120-150 minutes of moderate intensity activity each week will rid the body of waste, keep our hearts happy & help bartenders feel more alert. There are simple workouts that can be done at home, and the gym.



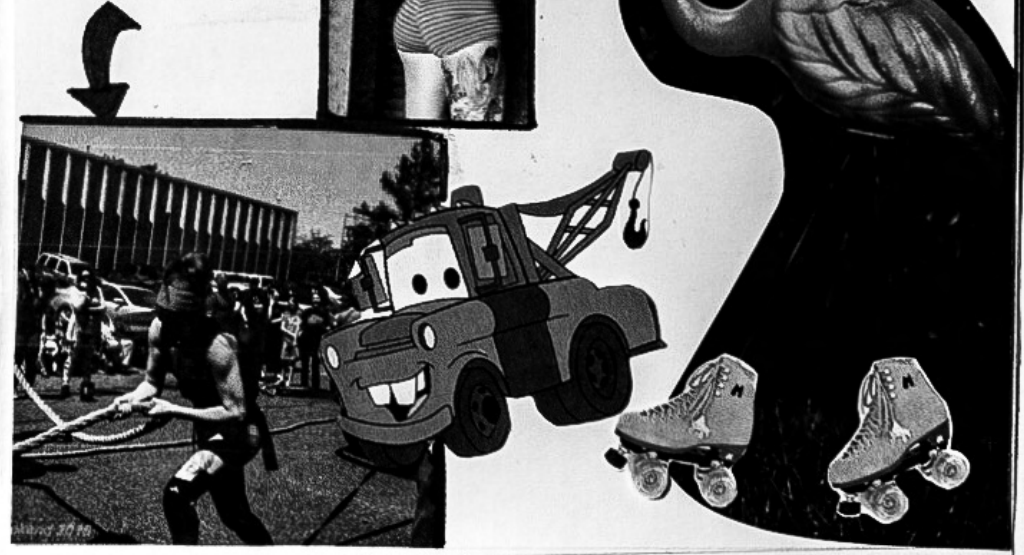
Q: You're an expert on the human body AND the bar. What is one simple thing bartenders can do behind the bar to mitigate wear & tear on their bodies?  
 A: Engage your core! Core strength contributes to better posture & balance & combined those prevent falls & lower back pain/injuries. To engage your core you must find your "neutral" position. A simple way to do this is to lie on the floor with your knees bent & pull your belly button towards your spine so your back is flat. Repeat this when standing & voila!



CORE ACTIVATED!  
 picking up heavy things



pulling a truck because she's a BADASS!



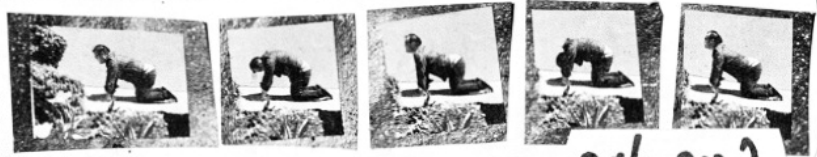
Kwon being the best Kwon he can be.  
(with help from amie Ward!)

# THE REGIMEN



inch worms

1



cat cow

2



standing Piriformis

3



car pushups

4



air squats

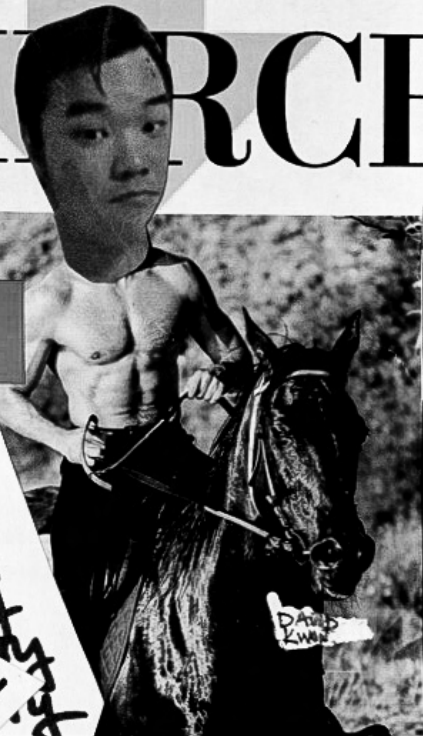
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# FIERCE

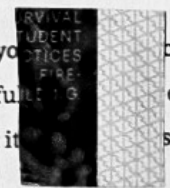
R  
R

Fierce  
SELF CARE



Repetitive Stress Injury  
Reduce Stress Injury  
Reduce Your Risk of Injury  
Repetitive Stress Injury  
Repetitive Stress Injury  
Repetitive Stress Injury

- **Mix it Up:** Try to vary which hand you use for common motions like shaking or pouring. This will spread the load and allow your most-often-used muscles and joints to rest a bit.
- **Take Breaks:** Frequent breaks allow your joints, muscles and tendons to relax. If you can't take breaks frequently, try to switch the order of your tasks so you're not always doing lots of the same activity in a row.
- **Watch your Posture:** Where possible, avoid bending your wrist unnecessarily. For example, when pouring, consider pouring with your full arm instead of just bending your wrist. It may look (and feel) a bit odd at first, but it reduces stress on your wrist.
- **Brace Yourself:** Back, arm and wrist braces may help you keep a correct posture and reduce risk of injury. However, they are not intended as "crutches" so you can keep doing the harmful behaviors for longer - so be careful if using this approach.
- **Stretching:** Stretch before your shift and during breaks. Neck shrugs, shoulder stretches, forearm stretches and twists and torso twists can all be helpful.



# BAR INSTITUTE

## SAVE THE DATE



[barinstitute.com](http://barinstitute.com)

### SAN ANTONIO

## Class Schedule

10am - 11am

**Class Name:** Is it Worth it? Let Me Work It: Functional Movement for the Contemporary Bartender

**Presenter:**

Amie Ward, Beverage Director - r.bar | NCEP Certified

Personal Trainer

Baltimore, MD

11:30am - 12:30pm

**Class Name:** Matters of the Mind

**Presenter:**

Liza Jensen, LCSW | Executive Director - NAMI San Antonio

1:30pm - 2:30pm

**Class Name:** The Joy of Menu Development

**Presenter:**

Stephan Mendez, Bar Manager - Paramour Bar | Vice President - USBG San Antonio Chapter | Brand Ambassador - Suerte Tequila San Antonio, TX

3pm - 4pm

**Class Name:** You think you know Gin?

**Presenters:**

Tom Nichol, Head of Gin Program - J. Rieger & Co. | former Master Distiller of Tanqueray | Father of Tanqueray 10

Ryan Maybee, Owner - Manifesto | The Rieger | J Rieger & Co.

4:30pm - 5:30pm

**Class Name:** You and Your Spreadsheets

**Presenter(s) & Professional Title(s):**

Jeret Pena, Partner - Boulevardier Group

# SAN ANTONIO MENU

## • JOHNNIE HIT AND RUN PAULINE.

JOHNNIE WALKER RED  
GINGER CHAI MATE  
Q CLUB SODA  
BARROW'S

## • THE MAGIC DANCE.

CROWN ROYAL NORTHERN  
HARVEST RYE  
SASSAFRAS  
ABSINTHE  
PEYCHAUDS



• ONE ARMED SCISSOR.  
TEQUILA OCHO PLATA  
LUSTAU AMONTIADO  
CARDANO ANTICA  
LEMON  
ORANGE BITTERS

• SOFTLY SPOKEN LIES.  
DON Q GRAN ANEJO  
BANANA LIQUEUR  
LUSTAU AMONTILLADO

• BRING ON THE DANCING HORSES.  
DON Q GRAN ANEJO  
LUSTAU PLAZA VIEJA  
PUNT E MES

BULLETT  
BOLLERMAKERS

# CORE CORE

## 1. What inspired you to start CORE?

Straight out of college my professional life was immersed in the beer/wine/spirits community, which opened my world to the greatest people, culture and companies that have forever changed my life and still do today. Being on both the agency and supplier sides of the industry exposed me to unforeseen and daily struggles many bartenders to line cooks to general managers, etc... faced (and continue to) when their children, directly or indirectly, were affected by health/life-altering circumstances and no or limited financial means (e.g. lack of insurance) and support to do what was needed.

## 2. How does CORE support the hospitality industry?

The short answer is with financial and emotional support. To date, we have raised in upwards of \$2.1M and have helped around 165 families. Our staff, three of the most passionate ladies I know, have truly raised the bar when it comes to providing the emotional support so many families are in need of when faced with these unforeseen circumstances. We, as Board Members and the Advisory Council are also as involved in providing that emotional support, which is honestly the most rewarding part of being a part of CORE

The long answer is with community collaboration, which leads into the last question...

## 3. And, since this is a community, it should work both ways. How can hospitality pros help support CORE?

I believe the key to any strong community-driven organization is not only how effective we raise awareness, but how well we collaborate with and involve the actual community we are helping. We have a long way to go.

CORE is fortunate to have many big name beverage suppliers, hospitality organizations and generous individuals who have and continue to donate; many who get involved and dedicate their time. CORE consists of three staff members, 11 Board Members, 12 Advisory Council Members and a growing number of Brand Ambassadors who all want to create a bigger footprint nationally. To achieve this vision we need the help of the bar community, FOH and BOH, to get involved in the conversation, raise awareness and create action.

# CORE

We are truly thankful for opportunities like this...where CORE is invited to partner up with The Bar Institute and Lush Life Productions to spread the word TOGETHER and generate support in each city. Thank you.



## Hosting a DIY Charity Event

Bar Institute Econo has you thinking about how you can host your own charitable event. We get it. You're pretty generous. We put together a few tips for hosting your very own event. Here goes:

- ① IDENTITY: before you get planning, figure out why you're hosting this event. Develop a clear and focused identity with an event name that ties to the theme and charity.
- ② location: find a location that shares your passion for your cause. It's always best to have a partner.
- ③ Activities: events should always be more than drinks. Think through the entire experience and make sure you're giving your guests a reason to stay and spend for your charity.
- ④ Sponsors: if you decide to bring on sponsors, make sure you're considering their drink strategy when pitching the concept. You also need to make sure you bring sponsors a full plan with a BUDGET. After the event send photos and a recap too.

#livegenerously @crownroyal

CHILDREN OF RESTAURANT EMPLOYEES SUPPORTS THE CHILDREN OF FOOD & BEVERAGE WORKERS WHO ARE NAVIGATING LIFE ALTERING CIRCUMSTANCES OR CONDITIONS.



SINCE ITS INCEPTION, CORE HAS HELPED OVER 165 CHILDREN FROM ACROSS THE INDUSTRY.

CORE HAS RAISED OVER \$2 MILLION IN SUPPORT OF THESE FAMILIES.

# HOUSTON MENU

## • BULLETT W/ BUTTERFLY WINGS.

BULLETT RYE  
RASPBERRY SHROB  
MAPLE  
LEMON  
BUFF BREW-1836

## • BRING ON THE DANCING HORSES.

DON Q GRAN ANEJO  
LUSTAU PLAZA VIEJA  
PUNT E MES

## • FRIENDS LIKE THESE.

JOHNNIE WALKER RED  
LICOR 43  
BITTERCUBE BOLIVAR  
Q GINGER

## • HATS, SNEEZES, TREES. AND BEES

CROWN ROYAL VANILLA  
BARRON'S  
MAPLE SYRUP  
LEMON  
Q CLUB SODA

## • DR. TREY'S ALE-MENT.

BULLETT BOURBON  
TREY CALI'S DR. PEPPER  
SYRUP  
BUFF BREW-MORE  
CONEBULL

BULLETT BOILERMAKERS

# Class Schedule HOUSTON

10am - 11am

**Class Name:** Is it Worth it? Let Me Work It: Functional Movement for the Contemporary Bartender

**Presenter(s) & Professional Titles(s):**  
 Amie Ward, Beverage Director - r.bar | NCEP Certified Personal Trainer  
 Baltimore, MD

11:30am - 12:30pm

**Class Name:** Complex diy ingredients, discombobulated

**Presenters:** Máté Hartai, Bartender  
 Dallas, TX  
 Leslie Krockenberger, Bartender  
 Houston, TX

1:30pm - 2:30pm

**Class Name:** Employing Wellbeing at Work

**Presenter:**  
 Karen Hume MPA BA, Workplace Wellness Consultant | MHA of Greater Houston  
 Houston, TX

3pm - 4pm

**Class Name:** Texas, Home of the 4th Tier System

**Presenter:**  
 John Eason, COO/EVP - Serrallés USA  
 Dallas, TX

4:30pm - 5:30pm

**Class Name:** The Very Few Have-Tos of Running a Bar or How to Express Yourself Through Your Backbar

**Presenter:** Justin T Burrow, Owner - Capt. Foxheart's Bad News Bar & Spirit Lodge

**Q:** What is the thing that bartenders can do every day to improve their mental state?  
**A:** Much of our wellness training "awareness" that prompts a "collective mind" - all key routine activities in the work place can play a critical role in establishing a person's ability to enhance their well being. There are if we were to focus on the simple approach to improving the quality of your daily mental health - it would be to focus on your purpose, in your life - things that bring you a sense of purpose, accomplishment & closeness to others. The power to focus your mind is crucial to the quality of your work life experiences.

## Q&A

With  
**Karen Hume**  
 Workplace Wellness,  
 Consultant



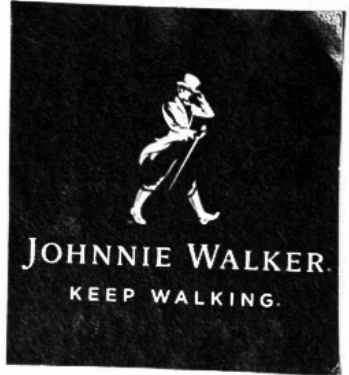
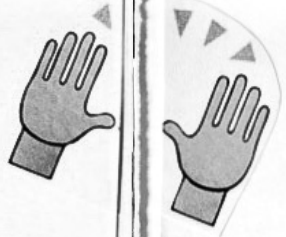
**Q:** Tell us about your organization.  
**A:** Mental Health America of Greater Houston is a non profit, mental health education & advocacy organization focused on shaping the mental health of people & communities in the areas of public education, integrated health care, chronic illnesses, & suicide prevention. MHA of greater Houston's mission is to enhance the mental health of all Houstonians & improve the lives of those with mental illnesses. This mission is accomplished through collaborations, education, outreach & advocacy.

**Q:** How does mental state effect your well being?  
**A:** Psychological health encompasses an individual's ability to think, feel & behave in a manner that enables them to perform effectively in their work environment, personal lives & in broader society. If a person is unwell for extended periods of time, it will impact their ability to work & perform in their role(s), which is directly linked to a person's level of capacity, resiliency & overall well being.





# THANK



## Infinium SPIRITS



# YOU



## BRANCA MENTA



## Crown Royal

MAIL ORDER

# MERCH

VINTAGE 2016  
BAR INSTITUTE  
T-SHIRT...

\$10

"SOFT" - LEO BOROVSKIY



VVVVVVV

BAR INSTITUTE  
HOODIE \$20

"LIGHTWEIGHT, YET  
SURPRISINGLY WARM.  
5/5 STARS." - DAVID KWON



X X X X X X X X X X  
2016

BAR INSTITUTE  
BALTIMORE  
PHOENIX 1/3  
AUSTIN 1/3  
HATS  
\$20



"WILL COVER EVEN  
THE SLEAZIEST  
HAIRCUT."

-SLEAZY BIEAZY



"GREAT FOR REPAIRING A BROKEN BRA STRAP."  
-LIZ PORTER

PINS  
\$10/EA



POSTERS / POSTCARDS

\$15/EA

BAR INSTITUTE  
2016

-DAVID  
DORTON

"POSTCARDS ARE THE PERFECT WAY  
TO REMIND YOUR FRIENDS THAT  
#YOUVEGOTTHEM."

\$10/SET  
OF SIX

Mail your completed order form along with a check or money order made out to:  
Lush Life Productions  
4028 Bolling Brook Dr.  
Louisville, KY 40299

\*Allow ∞ for processing and delivery.

Item	Price	City	Quantity	Size	Item Total
Bar Institute 2016 T-Shirt (S - XXL)	\$10				
Bar Institute Hoodie (S - XL)	\$20				
Bar Institute Hat (Baltimore, Phoenix, Austin)	\$20				
Bar Institute Pin (Baltimore, Phoenix, Austin, Miami, Portland, New York)	\$10				
Bar Institute Poster (Baltimore, Phoenix, Austin, Miami, Portland, New York)	\$15				
Six Pack Bar Institute Postcards	\$10				
Subtotal:					
Shipping & Handling					\$7.00
Total:					

# BAR INSTITUTE

*leono*

Thanks for  
stopping by

NEXT

LEG 3 - THEATER IS THE LIFE OF YOU  
Social Justice Cause:  
Equal Representation

4/16 NEW ORLEANS

4/18 BIRMINGHAM

4/19 ATLANTA

4/26 CHARLESTON

4/27 CHARLOTTE



ONE COMMUNITY.

WE ARE

Treatment Referral Hotline (Substance Abuse)  
1-800-662-HELP (1-800-662-4357)

National Sexual Assault Hotline  
24-hour online hotline: <http://online.rainn.org>  
1-800-656-HOPE (1-800-656-4673)

Veterans' Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255), press 1

National Suicide Prevention Lifeline  
Chat now: National Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)

24-Hour Hotlines

*resource guide*