



# PSYCHIATRY CONFERENCE

*Join Us in Puerto Rico!* 

**Destination Conference May 1-4, 2023**

***Travel Guide 2023***





## 2023 OASIS PSYCHIATRY CONFERENCE

At the 2023 Oasis Psychiatry Conference in Puerto Rico, you're not only attending a powerfully practical psychiatric conference, but you're also coming to one of the most beautiful places in the world – the Hyatt Regency Grand Reserve on Puerto Rico's north coast.

The life of most clinicians is too busy. So, it's good to take advantage of an opportunity to relax and explore while also learning, earning CME credits, and meeting ABPN® requirements.

Whether you come by yourself – we have plenty of fun communal activities planned – with your significant other, or with the whole family, you'll have a great time.

To help you get the most of your conference, we've put together this travel guide. If your schedule is tight during the day, there's plenty to do during the afternoons and evenings of the conference.

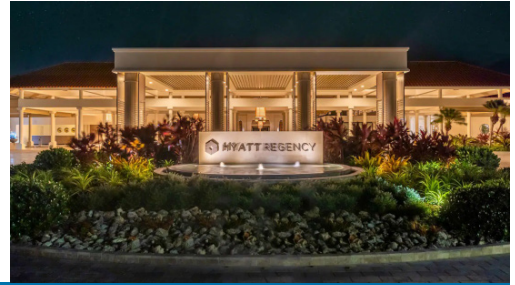
Thank you, and we hope you have a blast!

Jack Krasuski, MD  
drjack@americanphysician.com  
877.225.8384

*Jack Krasuski*

# HYATT REGENCY GRAND RESERVE

Discover a beachside getaway just steps from the water at Hyatt Regency Grand Reserve Puerto Rico, a family-friendly resort framed against the backdrop of the beautiful El Yunque National Forest. Lounge by our sprawling lagoon-style pool, get a round of golf in at one of our two Tom Kite designed 18-hole championship golf courses, or tour the historic buildings of nearby Old San Juan.



200 COCO BEACH BLVD. HIGHWAY 955-1, RÍO GRANDE, PUERTO RICO 00745 | 787.657.1234





# RESORT DINING

*Whether you're craving sushi, steak, or Puerto Rican specialties, you'll find it among the five restaurants and three bars at Hyatt Regency Grand Reserve Puerto Rico. Wake up to a Caribbean buffet, grab snacks at food trucks, then enjoy an elegant dinner at Nori, our Asian fusion restaurant.*

## **Water's Edge**

Casual family restaurant with an extensive breakfast buffet in an open and bright environment. The menu has a Caribbean influence with an emphasis on local cuisine. The delectable dinner buffets revolve around a seven-day rotation of international offerings.

Open daily | 12:00 p.m. - 10:00 p.m.

## **Nori Teppanyaki**

Spectacular Asian restaurant with highly skilled Teppanyaki Chefs that will entertain you while cooking in traditional Japanese style on a hibachi table.

Open daily | 6:00 p.m. - 10:00 p.m.

Dress code: Resort casual

## **Nori Asian**

Specializing in authentic Japanese Sushi and Sashimi. The appetizers, sharing plates, and sides reflect a variety of Pacific Rim cuisines.

Open daily | 6:00 p.m. - 10:00 p.m.

Dress code: Resort casual

## **Prime 787**

A contemporary take on the traditional American Steakhouse. Delicious cuts of beef, elevated seafood, and fine wine are on the menu at our upscale steakhouse.

Open daily | 6:00 p.m. - 10:30 p.m.

Dress code: Resort elegant



### ***La Mina Restaurant***

Located in the interior courtyard of Villas En La Reserva, La Miña is an open-air restaurant with Ocean view that offer a seafood-forward menu with a Puerto Rican flare.

Open daily | 11:00 a.m. - 6:00 p.m.

Dress code: Resort casual

### ***Nectar***

Traditional local cuisine restaurant that combines flavors and colors of Puerto Rico by Chef Franchesca.

Open daily | Hours vary

Dress code: Resort casual

### ***The Sand Trap***

Swing with style as you hit the virtual links at the first Topgolf swing suite located in Puerto Rico. Four simulator bays are available to be rented and accommodate up to 8 people per bay. You will find a fresh twist on American classics, local specialties, brews and unexpected new creations. With shareable portions and fresh, high-quality ingredients, you'll find the food and drinks as enjoyable as the games.

Open daily | 12:00 p.m. - 12:00 a.m.

### ***The Market***

Stop by day or night for a specialty coffee or choose from a selection of gourmet sandwiches, fresh fruit, smoothies, pastries, salads, vegetarian dishes and more. The Market is the perfect place to start your morning with the spectacular view of our El Yunque National Forest.

Open 24 hours

## RESORT BARS

### ***Martini Bar***

Located between Prime 787 & Nori Asian restaurant, the Martini Bar offers a full beverage experience ranging from prohibition-style cocktails to Asian infused creations.

Open daily | 6:00 p.m. - 10:30 p.m.

Dress code: Resort casual

### ***Lobby Bar***

With the most extensive variety of beverage options, the Lobby Bar offers expertly mixed drinks that are derived from specialty rums and entice riffs on classic cocktails such as our signature "Old Timer," which is our take on the classic "Old Fashioned," but prepared with aged rum and locally harvested honey.

Live music every night!

Open daily | 4:00 p.m. - 1:00 a.m.

### ***Wet Bar***

The Wet Bar offers in-pool seating at the swim up bar or service to your lounge chair and features refreshing options perfect for a relaxing day at the pool. Pina Coladas and Daiquiris are complimented by specialty drinks, refreshing wines and beers.

Open daily | 11:00 a.m. - 6:00 p.m.



# RESORT ACTIVITIES

## **Grand Reserve Golf Club**

Experience our two world-class, Tom Kite-designed 18-hole championship golf courses. Enjoy dazzling ocean views and pristine greens that are perfect for golfers of any skill level.

[grandreservegolfclub.com](http://grandreservegolfclub.com) | 787.657.2000

Open Daily | 7:00 a.m. - 5:00 p.m.



## **Rainforest Spa**

Rejuvenate your body and mind inside our 11,000-square-foot spa, where massage therapists and aestheticians work in nine treatment rooms. The Rainforest Spa has a private pool, fitness center, and private locker rooms with a steam room, sauna, and hot tub to soak before and after treatments.

[hyatt.com/en-US/spas/The-Rainforest-Spa/home](http://hyatt.com/en-US/spas/The-Rainforest-Spa/home) | 787.657.1234

Wednesday through Sunday | 10:00 a.m. - 6:00 p.m.

## **MORE RESORT ACTIVITIES**

### **Kayaking**

You will find kayak rentals with offerings that range from easy, scenic paddles to unforgettable experiences. By kayaking, you can enjoy the serenity of our waters and explore the coast of our peninsula.

## ***Paddle Boarding***

Experience the diverse ecosystems that we have from a paddle board. Our natural reserve has much to offer you. Choose your next adventure to explore on a paddle board.

## ***Snorkeling***

Have a fun-filled day trip snorkeling, beachcombing, and sunbathing in our paradise. Spend your morning exploring the fascinating undersea creatures that populate the coral reef.



**OUTDOOR POOLS**

## ***Outdoor Pools***

You won't find a larger pool on the island than our sprawling lagoon-style pool, featuring a swim-up bar serving cool drinks and creative cocktails. Youngsters can play in the resort's kids' pool, while those looking for a more relaxing swim can head to the Regency Club Quiet Pool.

## ***Tennis and Pickleball Courts***

Hyatt Regency Grand Reserve serves a set of stunning tennis courts on the East part of the island, featuring two tennis courts and two pickleball courts meticulously maintained. Pick up a racket and enjoy!



## **EVEN MORE RESORT ACTIVITIES**

***Yoga on the beach***

***Salsa lessons***

***Pool and beach volleyball***

***24-hour fitness center***

***Daily tours***

***Jogging***



# EXPLORE PUERTO RICO



SAN JUAN



## RESTAURANTS

### ***Wicked Lily***

Enjoy oceanfront views in San Juan at Wicked Lily while dining on cuisine that blends modern and traditional Puerto Rican dishes.

[One Calle Vendig, San Juan, 00607, Puerto Rico | 787.965.5239](#)

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

### ***El Verde BBQ***

One of the town's most beloved spots is located on the side of the road on pr-3, right off route 66. This no-frills dive at the bottom of El Yunque National Forest has a shop-window style presentation where eaters can choose their food right out of the display. Slow-roasted chicken, yuca al mojo, baby back ribs, arroz con gandules, and morcilla are some of the Puerto Rican staple dishes you can sample at El Verde BBQ. Be sure to combine your meal with an ice-cold Medalla (a popular local beer) and mingle with locals on the open-air patio area.

[Carretera 3, km 24.7, Río Grande, 00745, Puerto Rico | 787.887.0958](#)

[elverdebbqriogrande.mybistro.online](http://elverdebbqriogrande.mybistro.online)

### ***Ekelekua***

This family-friendly restaurant will hit the spot — morning, noon, or night. Ekelekua has a large breakfast menu with everything from eggs benedict over arepas (South American corn cakes) to sweetly satisfying dulce de leche french toast, which pairs perfectly with a cup of coffee or a house mimosa. For lunch or dinner, standout dishes include the seafood paella, chicken pesto pasta, coconut rice, burgers, and tapas, such as chorizo turnovers.

[Carretera 3, Río Grande, 00745, Puerto Rico | 787.953.0303](#)

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



### ***Richie's Restaurant***

At Richie's Restaurant, you'll come for the food, stay for the view! With a romantic and rustic setting, the panoramic sight of the Atlantic Ocean will captivate you as soon as you walk in. Feel the breeze while you enjoy delicacies such as lobster-stuffed tostones or a conch and octopus cocktail. After appetizers, move on to some exquisite lobster tails in garlic sauce, stuffed mofongo, whole fresh red snapper stuffed with seafood, paella, and much more, all fresh and locally sourced.

[PR 968 km 2.0, Río Grande, 00745, Puerto Rico | 787.887.1435](#)

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





## ***Kioskos de Luquillo***

The Luquillo Kiosks are comprised of a row of around 60 family-owned kiosks selling food, drinks, and souvenirs. Visitors to the kiosks will find that they vary in style, taste, and price. They're all open air, and while some face the street, others have beautiful views of the beach. This is a perfect pitstop after enjoying a beach day on the east coast or a hiking day at El Yunque.

[Calle Marginal, Luquillo, 00773, Puerto Rico](https://www.discoverpuertorico.com)  
[discoverpuertorico.com](https://www.discoverpuertorico.com)

## **SHOPPING**

### ***The Outlet 66***

For shopping and factory stores, go to Outlet 66 in Canóvanas. Only a 17-minute drive from our resort, you will get excellent deals in more than 73 stores. There are many activities for children, including play facilities at the multiplex theatre.

[18400 Roberto Sánchez Vilella, Canóvanas, 00729, Puerto Rico](https://www.theoutletmall66.com)  
787.256.7040  
[theoutletmall66.com](https://www.theoutletmall66.com)

### ***La Calle Mall***

Quaint quarter lined with vibrant boutiques, including art dealers, craft shops and local eateries.

[105 Calle de la Fortaleza, San Juan, 00901, Puerto Rico](https://www.la-calle-mall.business.site)  
787.646.4943  
[la-calle-mall.business.site](https://www.la-calle-mall.business.site)



### ***Plaza Las Américas***

Plaza Las Américas is the largest shopping center in the Caribbean with more than 300 different stores, food court, movie theater, and more. If you are looking for an indoor stroll, a luxury item, or to watch a movie, this is your place to shop.

[525 Ave. Franklin Delano Roosevelt, San Juan, 00918, Puerto Rico](https://www.plazalasamericas.com)  
787.767.5202  
[plazalasamericas.com](https://www.plazalasamericas.com)

### ***Calle de la Fortaleza***

Fortaleza Street is bustling with shops, restaurants, and fun. By day or night, it's the place to be in Old San Juan.

[Calle de la Fortaleza, San Juan, 00901, Puerto Rico](https://www.calledefortaleza.com)





CALLE DE LA FORTALEZA

### **Souvenir Outlet Puerto Rico**

We are a family business focused on souvenirs, clothing and more. We want our customer to leave Puerto Rico with the best memories and experiences, so we guarantee the best service and product quality.

[255 Calle Tanca, San Juan, 00901, Puerto Rico](#)

[souvenir-outlet-puerto-rico.business.site](http://souvenir-outlet-puerto-rico.business.site)

## **AREA ATTRACTIONS**

*Please contact the Hyatt Concierge for information or to make a reservation.*

### **El Yunque National Forest**

This natural treasure is an excellent destination if you want to be immersed in nature. You can visit for a hike on one of its many trails, bathe in natural pools beneath waterfalls, or relax and enjoy the scenery.

El Yunque is the only tropical rainforest in the U.S. National Forest Service, and its name is a reference to Yuke, what the indigenous Taíno people defined as “white lands.”

With an average rainfall of 120 inches a year, El Yunque has a very diverse ecosystem, hosting hundreds of unique plant and animal species, including the Island’s famous coquí frog.

[PR-191 Río Grande, 00745, Puerto Rico | 787.888.1880](#)

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



### **Carabali Rainforest Park**

Located in the vicinity of El Yunque National Forest is the Carabali adventure park, a place where the family can enjoy different activities. At this ranch, you can choose horseback or bike rides with a breathtaking view, compete in an extreme go-kart race, and more.

[Puerto Rico 992, Luquillo, 00773, Puerto Rico | 787.889.5820](#)

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



## ***Casa Ramón Power y Giralt***

Number 155 Tetuán Street was the home of Ramón Power y Giralt, the first Puerto Rican delegate to the Courts of Cádiz in Spain. There is a visitor center, and several interpretive walks focusing on ecological aspects of colonial Old San Juan start off from the facilities.

[155 Tetouan Street, Old San Juan, Puerto Rico | 787.722.5882](#)  
[paralanaturaleza.org](#)

## ***Laguna Grande Bioluminescent Bay***

This beautiful bay is located in Fajardo and it's one of the three bio-bays in Puerto Rico. The glowing effect in the water is caused by dinoflagellates, microscopic organisms that react to the movement in the water by activating their glowing defense mechanism. To visit the Laguna Grande, you can coordinate a boat or kayak tour at the concierge desk.

[Carretera 987 KM. 5.9, Fajardo, 00738, Puerto Rico | 787.722.5882](#)  
[discoverpuertorico.com](#)



## ***Grand Reserve Golf Club***

Experience our two world-class Tom Kite-designed 18-hole championship golf courses. Enjoy dazzling ocean views and pristine greens that are perfect for golfers of any skill level.

[100 Clubhouse Drive, Río Grande, 00745, Puerto Rico | 787.657.2000](#)  
[grandreservegolfclub.com](#)



## ***El Conquistador Golf Course***

Tee off on our award-winning Arthur Hills golf course. Both challenging and player friendly, this award-winning 18-hole, par-72 Arthur Hills golf course is a masterpiece with elevation changes and great views of the Atlantic Ocean, the Caribbean Sea, and El Yunque National Forest.

[1000 El Conquistador Ave., Fajardo, 00738, Puerto Rico | 787.863.1000](#)  
[conquistadorresort.com](#)



## Wyndham Golf Course

### Ocean Course

Award-winning golf course architects, Tom and George Fazio took into account the unique characteristics of our location when designing the spectacular ocean course. This 6,716-yard course is nestled between the El Yunque mountains and the majestic Atlantic Ocean. The exclusive 16th hole is considered one of the best in the Caribbean. Grab your golf clubs and prepare for a formidable and impressive game around every corner.



### River Course

Two-time senior champion Greg Norman designed our course along the serene Mameyes River. Inspired by the earth's natural terrain, the holes blend into the existing foliage creating a lush green course with stunning views of the mountains of El Yunque and the Atlantic Ocean.

Ideal for all skill levels of golf in Puerto Rico, this 6,945-yard course features open greens, wide fairways, light rough, and shallow bunkers.

[6000 Blvd. Río Mar, Río Grande, 00745, Puerto Rico | 787.888.7060  
wyndhamriomar.com/golf-courses-in-puerto-rico](https://www.wyndhamriomar.com/golf-courses-in-puerto-rico)

## Bahia Beach Golf Club

To play at the Bahia Beach Golf Club is a spectacular experience. This spectacular course boasts 15 of 18 holes which border water while also presenting views of the famous El Yunque National Forest, captivating players of all skill levels.

[2 PR-187, Río Grande, 00745, Puerto Rico | 787.809.8890  
bahiabeachpuertorico.com/golf](https://www.bahiabeachpuertorico.com/golf)





## TPC Dorado Beach: East Course

Robert Trent Jones, Jr.'s restoration of the historic East Course to its original version designed by his father, Robert Trent Jones, Sr., elevates a classic seaside course into a modern championship layout that challenges players of all skill levels.

Mr. Jones lengthened the course by 700 yards stretching to a formidable 7,200 yards with many of the holes playing into a strong Caribbean trade wind. Greens were completely reshaped to match original features and planted with champions Bermuda, creating incredibly fast and smooth putts. Bunkers were reshaped and filled with native beach sand.

Although the east is considered a stern challenge at the professional level, multiple tees provide a fun challenge for layers of all skills levels. Original panoramic sightlines to the ocean were restored on 12 of 18 holes. Our new caddy program for the east provides another service amenity that will enhance a player's round.

500 Plantation Drive, Suite 1, Dorado, 00646, Puerto Rico

787.626.1001

[tpc.com/doradobeach/east-course](http://tpc.com/doradobeach/east-course)



## Caribe Golf

Caribe Golf is an advanced golf reservation company that specializes in setting up golf tee times for individuals and groups at any of the exceptional golf courses that Puerto Rico has to offer. We can secure your tee time(s) up to 60 days for individuals and months in advance for groups at no cost. Make sure to ask about the 'tee time tomorrow' discount offer.

PMB 305, 425 Carretera 693 Suite 1, Dorado, 00646, Puerto Rico

787.368.4344

[discoverpuertorico.com/profile/caribe-golf](http://discoverpuertorico.com/profile/caribe-golf)



# EXPLORE OLD SAN JUAN



OLD SAN JUAN

## SAN FELIPE DEL MORRO CASTLE



### *San Felipe Del Morro Castle*

Few landmarks represent Puerto Rico's legacy within the Caribbean and the Americas than Castillo San Felipe del Morro. This fortification on the corner of the islet of Old San Juan now greets cruise ships as they leisurely sail in and out of the bay. During most of its nearly 500-year history, it was an important military outpost for Spain and later the United States.

When you walk through the narrow entrance and see the flags waving in the stiff Atlantic breeze, it's easy to be transported to another time in history and imagine soldiers in antiquated uniforms marching along the edge of the wall where cannons fit snugly into the embrasures.

[501 Calle Norzagaray, San Juan, 00901, Puerto Rico | 787.729.6960](#)  
[discoverpuertorico.com](#)

## MUSEUMS

### *Museo de San Juan*

The Museo de San Juan is housed within the historical building that in the 19th century served as Old San Juan's main public market. In one wing of the museum, you'll find a permanent exhibition tied to Puerto Rico's history while the second wing is used for temporary exhibits.

[150 Calle Norzagaray, San Juan, 00901, Puerto Rico | 787-480-3547](#)  
[discoverpuertorico.com](#)



## MUSEO DE SAN JUAN



## ***Museo de las Américas***

This museum offers three permanent collections as well as temporary exhibitions— all emphasizing the conservation and promotion of the cultural heritage of Puerto Rico and the Americas, with a firm commitment to the community. The museum's permanent exhibitions are Folk Arts in the Americas, Our African Heritage, and Conquest and Colonization.

The Museo de las Américas is located inside the historic Cuartel de Ballajá, which in Spanish colonial times was used as the military's barracks.

[Cuartel de Ballajá, Segundo Piso, San Juan, 00926, Puerto Rico](#)

787.724.5052

[museolasamericas.org](http://museolasamericas.org)



## **OLD SAN JUAN DINING**



### ***St. Germain***

St. Germain is a unique experience in Old San Juan; it's located in a beautiful colonial building with an outdoor café feel. Their dishes consist of gourmet sandwiches, freshly baked quiche, ceviche, abundant salads, and creative pizzas. The breeze, music, and ambiance will force you to appreciate your surroundings, and after leaving, you will long to relive the experience.

[156 Calle Sol, San Juan, 00901, Puerto Rico | 787.725.5830](#)

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



## **Princesa - Cocina Cultura**

Princesa - Cocina Cultura (formerly Princesa Gastrobar) in Old San Juan, Puerto Rico is located on the harbor side facing the historic old Spanish arsenal piers just off the tree covered Paseo de la Princesa. Princesa's outdoor seating, under a trellis-style ceiling, is surrounded by tropical plants and vines that create a cool ambiance.

The elevated Puerto Rican food here is great all around and many locals call this place their favorite in Old San Juan. Great food, cocktails, and ambiance make this a great choice for a well-rounded Puerto Rican food experience in Old San Juan.

2 Paseo de la Princesa, San Juan, 00901, Puerto Rico | 787.723.7878

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

## **Pirilo Pizza Rustica**

Pirilo Pizza has several locations on the island, and they are all popular spots. The Old San Juan location is in a really cool 400-year-old building and the atmosphere is fun. Pirilo serves unique artisanal pizzas with Puerto Rican influences, provides full bar service, makes great sangria and is generally a good time if you're in the mood for pizza ... so ... always.



2000 McLeary Avenue, San Juan, 00911, Puerto Rico | 787.721.3322

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



## **Carli's Fine Bistro & Piano**

Carli's is one of those unique places where an owner executes his vision and is involved. The food is amazing, the ambiance and decor are spot on jazz bistro, and live piano music from the owner and pianist-composer/restaurateur Carli Munoz is regular. Solid live jazz and piano spots are rare even in Old San Juan. Great tapas, martinis, and an open-air terrace round out the experience at Carli's Fine Bistro & Piano. A worthy choice for any dining excursion in Old San Juan.

206 Calle Tetuan, San Juan, 00901, Puerto Rico | 787.725.4927

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





# 2023 PSYCHIATRY CONFERENCE

Hyatt Regency Grand Reserve, Río Grande, Puerto Rico

**MAY 1 - MAY 4, 2023**

*Visit our website for a detailed schedule*

**CONTACT US NOW! [MASTERPSYCH.COM](https://www.masterpsych.com) • 877.225.8384**