

# Ø>Ýà The Gut-Brain Connection: Your Second Brain & Mental Health

DATE: Thursday, January 8, 2026  
LOCATION: Spring Hill, Florida, US

## Event Description

Ø>Ýà The Gut-Brain Connection: Your Second Brain & Mental Health is a premier community event in Spring Hill. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** community

**Importance Rank:** 18/100

**Expected Attendance:** 25 people

**Event ID:** HJU5QB65Ns98vQ35Tp

## Hotel Demand Indicators

**ADR Impact Index:** 3.0x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 30 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 10 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*