



Fresh Foodie Getaways @ BROOKDALE

With our DYNAMIC DUO Brookdale's Registered Dietician Caryn Davies and Chef Juliet Stephenson

FEBRUARY RETREAT... A MUST IF YOU NEED INSPIRATION

Healthy eating is EASY for everyone, anytime and everywhere!

3 NIGHTS:
WEDNESDAY 8TH – SATURDAY 11TH FEBRUARY 2017

ADD R950 TO YOUR STAY
and enjoy 4 cooking demos with take home recipes

The Getaway starts with a 60 minute introduction with Caryn @ 18h00 on day of arrival
Followed by two daily cooking demos with Juliet and Caryn @ 10h30 – 11h30 and 15h30 –16h30



OCTOBER RETREAT... HEALTHY ENTERTAINING MADE EASY

Inspiration and recipes for the festive season

3 NIGHTS:
WEDNESDAY 18TH – SATURDAY 21ST
OCTOBER 2017

ADD R950 TO YOUR STAY
and enjoy 4 cooking demos
with take home recipes

The Getaway starts with a 60 minute introduction
with Caryn @ 18h00 on day of arrival

Two daily cooking demos with Juliet and Caryn
@ 10h30 – 11h30 and 15h30 –16h30



REGISTERED DIETICIAN : CARYN DAVIES
BSC DIET, STELLENBOSCH; PDM (WITH DISTINCTION),
WITS BUSINESS SCHOOL
Caryn has been in the field of nutrition and dietetics
for 13 years and has been a part of the Brookdale
family since 2010.

CHEF : JULIET STEPHENSON
Juliet, who serves delicious and nutritious meals, has been
an integral part of the Brookdale team since 2010, and is
adored by both staff and guests alike. Her popular cooking
demonstrations, help to inspire and show our guests just
how simple it is to prepare healthy flavour rich meals.

DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES
Call Misha or Jamie now to book your spot.



Brookdale
HEALTH HYDRO
Your Wellness Destination

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