

# DR. FUHRMAN'S HEALTH GETAWAY

## AT RANCHO BERNARDO INN

SAN DIEGO, CA • JULY 11-17, 2010



### Attend Dr. Fuhrman's Health Getaway and Control Your Health Destiny!

#### All-Inclusive Package Offers:

- Daily lectures and workshops presented by Dr. Fuhrman – nationally recognized Nutritional Expert & Best Selling Author
- Review of the most recent research in health and nutritional science
- Delicious nutritarian meals. Feel healthier and reenergized after a week of nutrient-rich, processed free food
- Cooking demonstrations – return home with recipes and techniques to make this lifestyle work in your own kitchen
- Social and recreational activities where you can connect with other like-minded people living this lifestyle
- Elegantly designed accommodations

#### RANCHO BERNARDO INN

SAN DIEGO'S LEGENDARY INN

*Ranked #1 Resort Spa in North America*

For more information  
and to make reservations  
contact Susan,

Dr. Fuhrman's

Event Coordinator at:

**908-237-2195 ext. 230**

or [events@drfuhrman.com](mailto:events@drfuhrman.com)

Join Dr. Fuhrman as he brings his annual Health Getaway to the elegant, world renown, and stylish 4-star property – the Rancho Bernardo Inn Golf Resort and Spa in San Diego, CA. Rejuvenate and delight in this beautiful, 297-acre, weather-perfect resort.

Enjoy the balanced agenda we have to offer: daily lectures and workshops led by Dr. Fuhrman, individual health screenings, delicious, high nutrient *Eat For Health* cuisine and fun-filled social gatherings. There are plenty of recreational activities to take part in, including twice daily exercise classes. Revitalize and get-away-from-it-all with a soothing treatment in the award-winning spa.

Grab your spouse, your best friend or your whole family and join Dr. Fuhrman for this energizing, life-changing week!



## July 11-17, 2010

Reap the rewards!  
As these attendees have . . .

### Be inspired!

*"Dr. Fuhrman is a wealth of information and his lectures taught me so much about how to better take care of myself."*

### Be informed!

*"I attend the conferences for reinforcement, the latest scientific information, to be around like-minded people, and for a vacation where I can eat Fuhrman food!"*

### Energize!

*"Now I feel young again!"*



# DR. FUHRMAN'S HEALTH GETAWAY

## AT RANCHO BERNARDO INN

The Rancho Bernardo Inn is the perfect destination for Dr. Fuhrman's Health Getaway!

### Luxurious Accommodations:

Guest rooms offer serene surroundings and extensive amenities:

- \* Upgraded Linens
- \* Original Artwork
- \* Luxurious Bath Amenities
- \* Deep Soaking Tub
- \* 42" Plasma TV
- \* Private Patio or Balcony
- \* iPod ready stereos
- \* Wireless internet access

### Delicious, Nutritarian Cuisine:

Enjoy delicious *Eat For Health* meals expertly presented by the award-winning Rancho Bernardo Inn culinary team. Dr. Fuhrman's high nutrient, plant based diet is the RIGHT eating program to overcome the myriad of health issues and weight loss barriers facing people today.

### Wellness:

The Spa at Rancho Bernardo was awarded the #1 Resort Spa in North American by Conde Nast Travel. The full-service facility offers pampering body treatments, massages, body wraps, and facials. Enjoy the unique Spa Garden featuring private, temperature controlled cabanas surrounded by fragrant blooms, the relaxing sounds of cascading water fountains and chirping birds.

### Fitness:

Maintain your fitness regime in the Inn's newly renovated 24-hour fitness facility. The fitness center features strength training and cardio equipment including treadmills, stair machines, lifecycle exercise bikes, and free weights. Group fitness classes will be offered twice daily just for Getaway attendees.

### Golf:

The 18-Hole Championship Golf Course has hosted both PGA and LPGA events and gives golfers at all skill levels challenging and rewarding play. Reduced golf fees are available to our attendees only! A driving range, putting green and pro shop are also available. Take advantage of three 9-hole courses, just one mile away.

### Full Access to other Resort Facilities:

Tennis fees have been waived for our group. Enjoy 3 outdoor pools, 2 exclusively for adults including the refreshing 2,500 foot saline pool. Organize a game of volleyball, jog or take a leisurely walk along the property's paths.

### Other Activities:

For an additional charge, guests can enjoy Biking (bicycle rentals), Spa Treatments, and Tennis instruction. Rancho Bernardo is minutes away from many of San Diego's top attractions; Wild Animal Park, Legoland, SeaWorld, San Diego Zoo, and California Beaches.

~ Plan now to experience your own Health Getaway

July 11-17, 2010

Book your Dr. Fuhrman Health Getaway today!

7 day/6 night package from

~~\$2,247~~ **\$2,047**

per person, per stay

double occupancy\*

*(includes Dr. Fuhrman approved meals, lectures, workshops, cooking and fitness classes, health screenings, plus room tax and gratuity)\*\**

Accommodations are **SOLD OUT** at the Rancho Bernardo Inn

We are still accepting registrations for the Getaway with off-site accommodations at the Radisson Suite Hotel Rancho Bernardo for the same 7 day/6 night All-Inclusive Package save \$400 per room *(includes all meals, activities, plus room tax, gratuity and FREE shuttle to Rancho Bernardo Inn at any time)*

Relax, rejuvenate, and be inspired!

This 7 day/6 night package offers an informative, life-altering, fun healthy getaway!

Package includes:

- Welcome Reception
- Daily lectures presented by Dr. Fuhrman with the latest nutritional research
- Dr. Fuhrman's *Eat For Health* cuisine at every meal
- Individual Health Screenings
- Nutritarian support groups
- Twice daily exercise classes
- Reduced rates at the resort's championship golf course
- Tennis, Outdoor pools, Spa saline pool, 7 spa tubs, 24 hour access fitness center, volleyball court
- Walking and jogging paths
- Fun for the entire family (reduced rates for children)

\* Rate is quoted per person based upon double occupancy and subject to availability.

\*\*Licensed child care, Spa and Salon Services, Golf, Tennis Instruction, and Bicycle Rentals are available for additional fees.

For more information or to make reservations contact Susan, Dr. Fuhrman's Event Coordinator

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