

2017 Jeffrey Weisz, MD Wellness Conference
Four Seasons Westlake Village
2 Dole Drive, Westlake Village, CA 91362

Information and Description for Activities

**** Please Note: Registration for the conference is required to attend all activities.**

Thursday, April 27:

Golf at Los Robles Greens Golf Course



Fee: \$75 (includes boxed lunch in cart, 2 drink tickets, green fee, cart fee, range balls, and prizes)

Location: 299 S. Moorpark Rd., Thousand Oaks, CA 91361 (less than 10 minutes away from the hotel)

Start time: 12:00 pm (18 hole game)

* Driving range is open to the public for practice at 10:30 am.

* **Deadline to secure your spot is April 14. No refunds after this date, no exceptions.**

The Lookout



The Bar



Location: Both lounges are in the Hotel – Lobby Level

Time: 4:00 - 6:00 pm for discounted pricing on certain menu items (open until 11:00 pm)

Drop in and meet with friends and colleagues...

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Wellness Kitchen Cooking Demonstration



Fee: \$120 (discounted from \$140) Includes class, meal, recipes, and one bottle of wine per 2 guests.

Location: In the hotel – Lobby Level

Time: 7:00 – 9:00 pm

Maximum guest count: 25 (on first-come-first-served basis)

Enjoy an educational cooking demonstration led by a Registered-Dietitian Chef. Experience dynamic presentation combining nutritional tips and culinary techniques. And dine on everything that was prepared just for you!

*** Deadline to secure your spot is April 7. No refunds after this date, no exceptions.**

Friday, April 28:

Bean Bag Competition



Location: In the hotel - Waterfall lawn

Time: 5:30 – 6:30 pm

Maximum guest count: 20 (on first-come-first-served basis)

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Family Walk Led by Dr. Ed Ellison and Dr. Jeffrey Weisz



Time: 5:30 – 6:30 pm

Location: On hotel property. Meet in the lobby.

Welcome Reception



Fee: \$25 per person (Includes hors d'oeuvres and 2 drink tickets)

Time: 7:00 – 10:00 pm

Location: In hotel – Hampton's and Waterfall Lawn

Saturday, April 29:

Community Service Family Activity



Time: 4:10 – 5:15 pm

Location: Hampton's/Malibu

* Children are encouraged to attend

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Information and Description for Activities

Sunday, April 30:

Natural Connection with Horses...Equine Experience



Fee: \$125 (Adults only over 18 years of age)

Time: 8:00 – 11:00 am

Location: The Healing Equine Ranch – 26500 Agoura Rd., Calabasas, CA 91302 (7.3 miles from hotel)

Transportation: The hotel will arrange transportation for you and your guests

Maximum guest count: 20

This program focuses on the magic of partnering with horses by learning from their language and what is important in their world. Including discussion, observation, demonstrations and an abundance of one-on-one time, each class will give you the opportunity to cultivate a relationship with your equine partner. Horses will be handled in a variety of settings including on line, liberty and working with the herd (no actual riding). We will bring attention towards your mental, physical and emotional being and how it plays into your relationship with the horses. Benefits include better communication, confidence, leadership, clearer boundaries and awareness of self.

At the Healing Equine Ranch, you'll have a special opportunity to interact with our horses safely and naturally in their environment. Our horses have all been rescued and brought back to optimum health.

In this state of emotional, physical and mental balance they can truly reflect the human and act as giant biofeedback machines. In learning to review our reflections in the mirror of a horse's reactions, we can learn to control our own energy in everyday life situations. Come and see for yourself and be a part of the healing.

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Information and Description for Activities

Hiking at Malibu Creek State Park & MASH Site Led by Dr. Dawn Clark and Andy Gallardo



Time: 8:00 – 11:00 am

Location: Malibu Creek State Park – 1925 Las Virgenes Rd., Calabasas, CA 91302 (9.2 miles from hotel)

Transportation: On own

Come dressed in your scrubs and join your colleagues for an experience rich in Hollywood history as well as terrific views and breathtaking scenery. The trails for this hike are located in the beautiful Malibu Creek Park. The land for the park was acquired in 1974 and prior to its acquisition, was divided into three parcels owned by Bob Hope, Ronald Reagan, and 20th Century Fox Studios.

The scenic terrain has been used as the backdrop for The Swiss Family Robinson television series as well as Planet of the Apes and Tarzan movies. But most notable of all, the hit television series MASH was filmed here from 1972 to 1983. At the actual MASH site, visitors see a pair of rusting vehicles left over from TV production, as well as rope outlines that mark the footprints of the old medic tents, and the old helicopter landing pad.

Besides the glimmer of Hollywood glitz, there is plenty of amazing natural beauty to take in, including gorgeous rock formations, a grassy meadow, towering oaks, a flowing creek, and the peaceful Century Lake.