

Contact:

Kameron Nesen

Director of Public Relations

California Health & Longevity Institute

kameron.nesen@fourseasons.com

(818) 575-1426

****PRESS RELEASE****

**California Health & Longevity Institute Honors Breast Cancer Awareness Month at
Four Seasons Hotel Westlake Village**

Los Angeles, CA (October 2016) — California Health & Longevity Institute at Four Seasons Hotel Westlake Village honors Breast Cancer Awareness Month with a variety of special services, experiences and culinary creations.

The Institute is offering mammograms and massages to remind women of the importance of regular screenings. Women are invited to indulge in a spa treatment at the Hotel's award-winning Spa while they are on-site for the mammogram procedure. Additionally, on October 22, 2016, Director of Nutrition Paulette Lambert will host a special Wellness Kitchen "Lunch and Learn." Guests will partake in an educational conversation on cancer prevention and learn how to create simple, healthy meals.

Throughout the month of October, the food and beverage outlets at the Hotel have created a variety of special dishes dedicated to supporting Breast Cancer Awareness Month. Guests may indulge in a house-made strawberry glazed donut at Stir, or stop by the Lobby Lounge for pink velvet pancakes or a crisp beet and goat cheese salad. The Bar is also mixing up a Think Pink craft cocktail to pay homage to the month's signature colour. A portion of the proceeds from each of these items will be donated to the local non-profit Cancer Support Community, which provides resources for those effected by cancer.

Celebrate survivors and learn how to take proactive steps to preventing breast cancer all month long at California health & Longevity Institute at Four Seasons Hotel Westlake Village. To reserve a Spa treatment or to find out more about the Wellness Kitchen "Lunch and Learn" call 818 575 3000. For mammogram appointments, call California Health & Longevity Institute at 818 575 8066.