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## **Love Your Body and Be Inspired to Get Moving Today** ***Beverly Hills Invited to Complimentary Healthy Workshop at Montage Beverly Hills***

The City of Beverly Hills continues its *Heart Healthy* series with a special “Love Your Body” workshop on Wednesday, August 13, hosted from 5 p.m. – 6:30p.m. on the third floor terrace at Montage Beverly Hills.

Last month’s “Live Love & Joy” workshop touched on the role that exercise plays in reducing stress. This month’s event will go into greater depth on the benefits of exercise on health. Learn to live a heart healthy lifestyle with fitness and wellness tips from experts who in their own unique way will inspire Beverly Hills to get moving every day. Featured speakers include:

- Sheri Koplik MD, Cardiovascular Medical Group of So. CA and Cardiovascular Research Foundation
- Janet Denyer, Regional Director of Spa Operations for Spa Montage
- City of Beverly Hills recreation and fitness instructors

The free heart-healthy event will feature complimentary cold-pressed juices and healthy treats provided by Montage Beverly Hills; a presentation about lifestyle and its effect on cardiovascular disease from Dr. Sheri Koplik; and a preview of City-sponsored courses available in the fall brochure, such as mud-walking, aqua exercise, adult fitness and weight training.

“Love Your Body” will also offer inspirational personal wellness solutions available at Spa Montage. The 20,000 square foot urban oasis is the largest spa in Los Angeles with 17 treatments rooms, a co-ed mineral pool area, a state-of-the-art fitness center and spacious men’s and women’s relaxation areas. Learn more about Spa Montage’s *Fit and Refresh Package* at the August 13<sup>th</sup> event.

Montage Beverly Hills is located at 225 North Canon Drive. Complimentary self-parking is available in the Beverly Canon Gardens structure, entrances located at 241 N. Canon Drive and 242 N. Beverly Drive.

For more information about August’s Heart Healthy workshop, call (310) 285-2537 or visit [www.BeverlyHills.org](http://www.BeverlyHills.org).

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### **About Montage Beverly Hills**

Located in the vibrant epicenter of Los Angeles, Montage Beverly Hills is ideally situated for shopping and dining among Rodeo Drive’s storied collection of shops, restaurants and galleries. The hotel features 201 well-appointed guestrooms, including 55 suites as well as 20 private Residences. Spa Montage features 20,000 square feet of private relaxation space, a co-ed mineral pool and 17 tranquil treatment rooms and is home to the flagship full-service Kim Vō Salon. Italian cuisine is impeccably served at celebrity Chef Scott Conant’s culinary gem, Scarpetta. Tucked discreetly above Scarpetta, £10 welcomes true connoisseurs to the lounge specializing in the world’s most precious whisky, The Macallan Single Malt. With our commitment to sustainability, Montage Beverly Hills was the first hotel and residences to receive Gold LEED certification in Southern California. For information and reservations, please contact Montage Beverly Hills at [\(855\)842-8796](tel:8558428796) or visit [www.montagehotels.com/beverlyhills](http://www.montagehotels.com/beverlyhills).

### **About the Cardiovascular Research Foundation of Southern California:**

The Cardiovascular Research Foundation of Southern California (CVRF) is based in Beverly Hills, CA. The Foundation supports and funds innovative research and provides physician and patient education aimed at advancing the diagnosis and treatment of cardiovascular disease. CVRF was founded in 2007 as the non-profit research arm of the Cardiovascular Medical Group of Southern California (CVMG), a specialty consortium in practice for nearly four decades. For more information, visit <http://www.heart-research-now.org> or contact Executive Director Peggy C. Frank, MBA, at (818) 735-3591 or [pfrank@heartresearchnow.org](mailto:pfrank@heartresearchnow.org).