

BROOKDALE

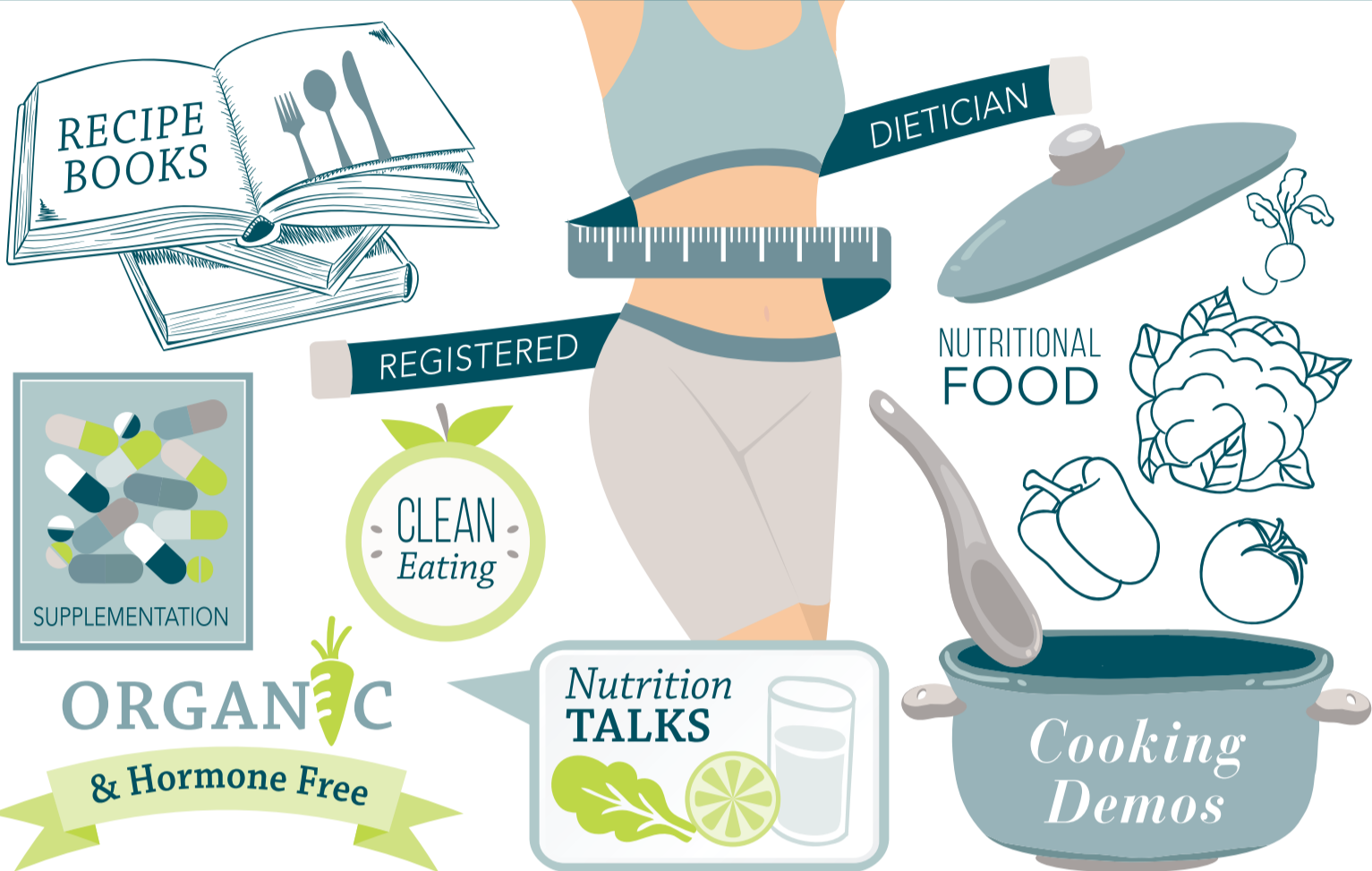
Your Wellness Destination

LOOKING OUT FOR YOUR WELL-BEING

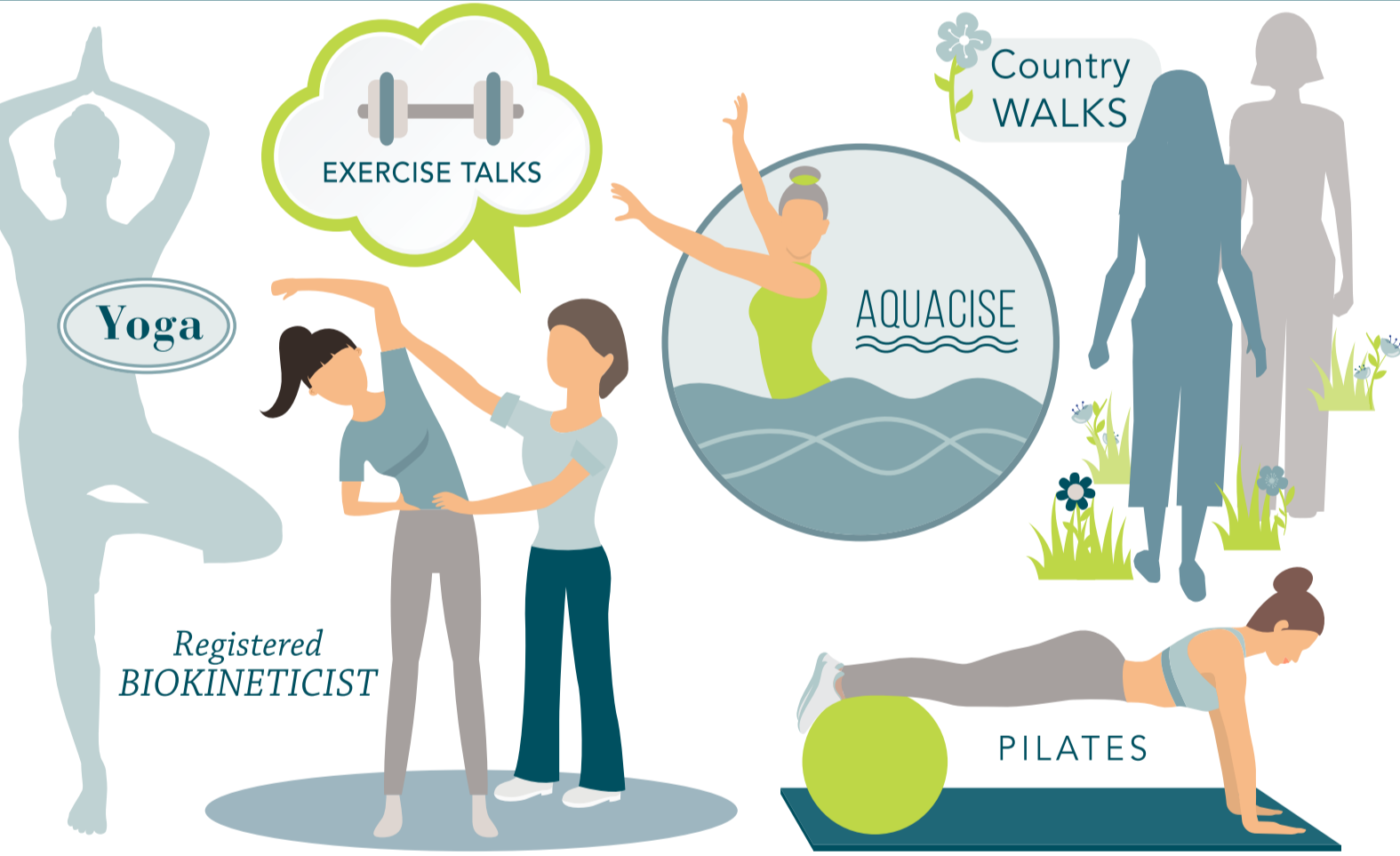
Our mission is to promote wellness and lifestyle management through **diet**, **exercise** and **stress relief**.



HEALTHY WELL BALANCED EATING



MODERATE EXERCISE



STRESS MANAGEMENT

