

October
20 & 21,
2023



BCCASA CONFERENCE AND AGM

Balancing the Scales: Lessons for Teaching Chef's Health and Wellness

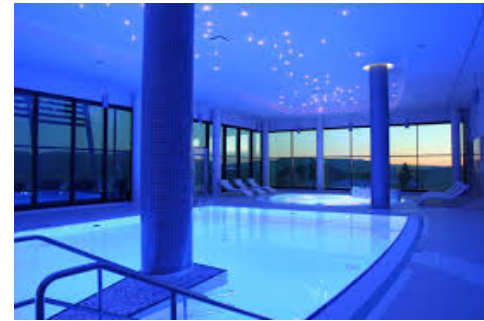
BCCASA will be hosting the next conference and AGM at the beautiful Sparkling Hill Resort & Spa. Join us as we collaboratively learn about and explore healthy cuisine, Vernon agriculture and experience the methods and benefits of personal wellness. Space is limited and will go fast. Cost: Member BCCASA Before June 30 - \$225. BCCASA Member After June 30 - \$300. Non BCCASA Member Rate - \$500.

REGISTER AT: WWW.BCCASA.WEEBLY.COM

2023 BCCASA Conference Itinerary

Thursday October 19 - Check In

Sparkling Hill KurSpa, steam rooms, indoor and outdoor pools available until 10:00pm.



Friday October 20

Breakfast at hotel

9:30 - Board Bus for tours

10:00 - Group #1 Davison Orchard

Group #2 Planet Bee

11:00 Board bus

11:30 - Group #1 Planet Bee

Group #2 Davison Orchard

12:30 - Board bus to Vernon Secondary School

1:00 - Lunch hosted by Chef Jennifer Gray and
VSS Secondary Culinary Arts students

2:00 - 4:00 - Breakout sessions - Experimenting
with apples, botanical mocktails,
experimentation and detoxing,
lotion bar making using locally
harvested ingredients.

4:15 - Board bus to hotel.

5:30 - board bus to Parallel 50 Winery

6:00 - Wine tasting

7:00 - Dinner



Saturday October 21

Breakfast at hotel

10:00 - AGM

11:00 - Tour of hotel staffing facilities, kitchens
and 400-year-old Austrian restaurant.

12:30 - Wellness lunch at hotel

2:00 pm - Wellness breakout sessions (Aqua Fit,
Yoga and Hiking)

Evening at leisure to enjoy hotel spa facilities



Hotel Information



SPARKLING HILL WELLNESS HOTEL LTD.

888 SPARKLING PLACE | VERNON | B.C. | V1H 2K7

1.877.275.1556 TF | 250.275.1556 O | 250.275.1610 F | SPARKLINGHILL.COM

Rooms are booked under the group name: British Columbia Culinary Arts Specialists Association. Please be sure to refer to this group when booking. Room priced is based on single or double occupancy. Extra guests in the room are subject to a \$70 charge per person.

RATES:

Standard Mountain View with 1 King - \$250 per night plus tax/fees

Standard Mountain View with 2 Queen Beds - \$250 per night plus tax/fees

Standard Lake View with 1 King - \$270 per night plus tax/fees

Standard Lake View with 2 Queen Beds - \$270 per night plus tax/fees