

### WOMEN'S MONTH

*A message of recognition from the CS Biokineticists-team*

#### **Women in Sport: Women supporting other women**

This Women's month, we would love to wish farewell to Serena Williams and give recognition where it is due as a female in sport.

Serena Williams won 23 Grand Slams and came back after giving birth to her daughter Olympia. She went from a C-section to a second pulmonary embolism to a Grand Slam, played while breastfeeding and played while experiencing postpartum depression. But still showed up 23 times, and that's fine. Actually it's extraordinary.

"But these days, if I have to choose between building my tennis résumé and building my family, I choose the latter." (Serena Williams)

### THE VALLEY RESTAURANT

**Please note that The Signature Lounge is fully booked for dinners on Thursday (18 August), Friday (19 August) and Saturday (20 August).**

Members are reminded of *Italian Nights* on Tuesdays and *Curry Nights* on Wednesday evenings.

To make reservations, contact The Valley Restaurant at:

☎ + 27 21 867 8000 / WhatsApp +27 71 644 6743

✉ [restaurant@pearlvalley.co.za](mailto:restaurant@pearlvalley.co.za)



### CSB GOLF EVOLUTION

Are you familiar with *CSB Golf Evolution*?

The *CSB Golf Evolution* is an additional service offered by the *Corné Steenkamp Biokineticists*. For detailed information, please visit their Instagram account. On this platform, golfers are educated on fitness prescriptions and golfing approaches that can enhance their golf and exercise routines.

Get in touch by contacting them directly at:

☎ + 27 76 408 7608

✉ [csbiokineticists@gmail.com](mailto:csbiokineticists@gmail.com)

📷 @GOLFEVOLUTION



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Further together



## CAMELOT SPA AT PEARL VALLEY

**Spoil a bride-to-be, a group of friends, clients or birthdays with a Camelot Spa Group Experience!**

Let *Camelot Spa Val de Vie* host your occasion together. The ideal gift this Women's Month with a Camelot Spa Group spa day for clients or employees. They'd be delighted to create a tailored selection of signature treatments to suit your group's needs.

Light refreshments or meal options can be arranged upon request.

For more information or to schedule an appointment, contact them directly at:

☎ + 27 21 867 8001 / WhatsApp +27 66 354 0093

✉ valdeviemanager@camelotspa.co.za



## PEARL VALLEY CELEBRITY GOLF DAY - OCTOBER 2022

Join us for the most anticipated golf day in the Western Cape. Feel like a pro on one of South Africa's top three golf courses, in the company of celebrities and iconic sport personalities.

Delicious food and beverages, gifting and activations are included, all in aid of raising funds for the most vulnerable in our community.

**Date:** Tuesday, 25 October 2022

**Venue:** Pearl Valley Jack Nicklaus Signature Golf Course at Val de Vie Estate

**Time:** Registration Opens at 10:00; Shotgun Start at 12:30



For more information, or to secure your team, please send an email to [golf@pearlvalley.co.za](mailto:golf@pearlvalley.co.za).

Click [here](#) to download the official *Pearl Valley Celebrity Golf Day Invitation and Booking Form*.

## CORNÉ STEENKAMP BIOKINETICISTS

Book an inbody assessment during the month of August for only R100. At *Corné Steenkamp Biokineticists* they aim to improve a person's physical status through professional consultation involving individualised assessments and exercise prescription.

Bookings for assessments are essential.

☎ + 27 76 408 7608

✉ csbiokineticists@gmail.com

## PEARL VALLEY CONTACT DETAILS

### PEARL VALLEY HOA

☎ 021 867 8000

✉ [info@pvhoa.co.za](mailto:info@pvhoa.co.za)

### SECURITY

☎ Security Control Room - 021 867 1201

☎ Val de Vie Main Gate - 021 867 6110/6138

☎ Pearl Valley Main Gate - 021 867 3266

☎ Berg River Gate - 021 863 6102/6101

Valley Home Owners Association.

Pearl Valley Golf & Country Estate, R301, Wemmershoek Road, Paarl, Cape Town, South Africa 7646,  
South Africa, 0836564458

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