



Arden Hills Hires Casey Gipson as New Wellness Chef

SACRAMENTO, Calif. (January 11, 2011) – Arden Hills Resort Club & Spa has hired Casey Gipson as a full-time Wellness Chef, effective immediately. In this new position for the Resort, Gipson is responsible for the on-site Sprouts Natural Foods Cafe and also oversees the popular Meal Plans program that showcases nutrient-dense menu options available for pick-up or delivery.

With a passion for developing fresh, great tasting and nutritious meals, Gipson's skills are a perfect fit for Arden Hills as the Resort continues to expand its focus on providing deliciously nutritious meals for members and guests. Gipson is passionate and knowledgeable about a wide variety of healthy foods, including gluten-free, vegan, vegetarian and nutrient-dense options. Additionally, Gipson is eager to work at a Resort that has an on-site nutritionist so they can collaborate on recipe development to attain an even greater level of nutrition in tasty new dishes.

Gipson joins Arden Hills from Wayfare Tavern in San Francisco -- Chef Tyler Florence's new flagship restaurant -- where he worked as Sous Chef. Prior to that, he worked in culinary positions throughout Northern California including as the Executive Chef for 58 Degrees and Holding in Sacramento. In 2002, he earned his Culinary Degree from the California Culinary Academy in San Francisco. A native of Sacramento, Gipson is pleased to return back to the region and resides in the midtown area.

With expansion plans underway, the on-site Sprouts Natural Foods Cafe currently offers healthy snacks, smoothies, high energy drinks, salads and sandwiches and is open daily to members and daily Resort guests. Open to everyone, a variety of Meal Plans are available for pick-up or delivery that include breakfast, lunch, dinner and dessert options as well. For a complete listing of Meal Plans menu options or to order online, visit www.ardenhills-wellness.com. For more information about Arden Hills Resort Club & Spa in general, please call 916-482-6111 or visit www.ardenhills.net.

About Arden Hills Resort Club & Spa

For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California's capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit www.ardenhills.net or call 916-482-6111.

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