

ESCAPE FROM DEPRESSION PROJECT.

MARINA MARTINIQUE.

Please get a disc at the entrance gate with instructions to Tobago close 972 Marina Martinique.

P.O Box 3265, Jeffrey's Bay. 6330.

Tel/Fax: 042 292 0000

Cell nr. 072 245 9228

E- Mail: mail@mmbnb.co.za

Website: www.mmbnb.co.za

Contact Person: Marietha Ferreira.

The Guesthouse Offers:

- Five luxury en-suite rooms with private balcony in a tranquil surroundings next to the water canals.
- Safe, fenced area with 24- hour security.
- Own TV, fridge hair dryer safe for valuables and tea and coffee making facilities.
- Fully serviced rooms.
- Mutual sitting- and dining room.
- Free usage of Hydro-Bikes and Kayak to explore water canals. One ride on pontoon boat included in tariff. Weather permitting.
- Fax and Internet facility.

Confidentiality guaranteed for the following: (It is Optional.)

- Get to know each other, and lecture on depression: (Causes, symptoms, signs and treatment.) Dr. Johan has had depression for two and a half years.
- One hour lecture on depression by Len Kok.
- Needlework demonstration presented by Marietha.
- **Above is included in tariff.**

Opportunity for a private consultation with Dr. Johan. Available at Medical aide Tariff.

JEFFREYS BAY

South Africa's world renowned surfing mecca also offers sand boarding – Hiking in 3 Nature Reserves – Gym – Bowling – Golf – Tennis – Deep sea fishing – Horse riding – etc.

Jeffreys Bay is a thriving Town with most if not all necessary facilities available – restaurants, cinema, shopping markets, beach bathing, shell museum, etc.

DAY TRIPS FROM JEFFREYS BAY

- Storms River Mouth at Tsitsikama National Park - 95 km.
- Addo Elephant Park - 120 km.
- Shamwari Lion Park - 110 km.
- Port Elizabeth - 80 km.
- Baviaanskloof Nature Reserve - 50 km.
- Van Stadens Wild Flora Reserve - 35 km.

Who is welcome:

- Every one wanting to relax in an quiet safe environment, and escape fro a rushed life style.
- Guests with low self esteem and people suffering from anxiety and depression.
- Groups of friends between 5-10 can make group bookings.

Rates for two nights:

Single:
R840

Double per person sharing:
R660

Daq Programme:

Day One: Register as from 14h00.
Free time.(Visit surroundings and supper in a restaurant. We recommend Walskipper and Tappas.) They are situated close by.

Day Two: Breakfast 08h00-09h00
Tripp On Plasser. Weather permitting.

The following is optional:

Get to know one another and lecture on Depression by Dr. Johan.
Private consultation with Dr. Johan at medical aid Tariff.
(Please book a time between 11h00 and 13h00.
Free time.

17h00-18h00 Needle work demonstration for ladies.
Tripp on Plasser. Weather permitting, at 18h00

Day Three: Breakfast between 08h00 and08h30.
Please vacate room by 10h00.

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BOOKING:(Tear here and please fax to 042 292 0000.)

Nick name and surname:.....

Address:.....

Date of Reservation:.....

Telephone and cell no:.....

Direct Deposit date:.....

(Please fax proof of payment to 042 292 0000.)