

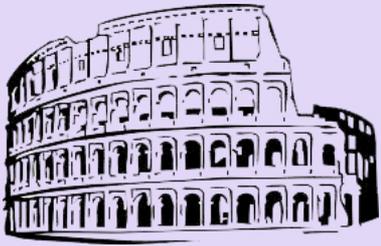
Cooking Class ITALIAN CUISINE

Saturday, April 23rd, 10 am

Benvenuti, amici! You are invited to join us for A Taste of Italy, which is sure to be one of our most delicious cooking classes ever! Join us as we delve into this rich, varied cuisine, preparing authentic Italian dishes with whole, fresh ingredients as they do in Italy. We hope to see you there!

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Ciao!



\$25 per person

Fitness Fact

Do you think you don't have enough time to exercise?

Think again! All you need is 30 minutes of physical activity 3 to 4 days of the week. Take advantage of this mild weather, and get yourself outside for a brisk walk or even yard work. Then, join us on Wednesdays at 9 am for our Well Yoga & Stretching class to stretch those tired muscles and release the tension your body has been holding on to.

Massage Minute

As the winter turns into spring, our bodies crave the fresh air and outdoor activities that spring brings. Massage can help awaken your muscles to release all that has been stored for the winter! Spring is the season for new life, so let our massage therapy department breathe new life into your body!

www.welloflifecenter.com

Natural Easter Egg Dye!

Yes, there is a natural way to dye your Easter Eggs! Check out the list below for a variety of great ideas, then follow these steps:

1. Use a mug or large glass for each color you wish to make.
2. Place the colorant into each mug according to the color you wish to use.
3. Add 1 teaspoon of white vinegar to each mug.
4. Add approximately ½ cup of boiling water to each mug and mix.
5. Dip eggs in solution. Remember, the longer the egg remains in the solution, the darker your colors will be.
6. Allow your eggs to dry.
7. If you wish for a shiny coating, you can rub your eggs with a little bit of olive oil.

Color	Ingredient Options
Lavender	Small Quantity of Purple Grape Juice Violet Blossoms (crushed) & 2 tsp Lemon Juice Red Zinger Tea
Violet Blue	Violet Blossoms (crushed) Small Quantity of Red Onion Skins Hibiscus Tea Red Wine
Blue	Canned Blueberries Red Cabbage Leaves Purple Grape Juice
Green	Spinach Leaves (crushed) Liquid Chlorophyll
Greenish Yellow	Yellow Delicious Apple Peels
Yellow	Orange or Lemon Peels Carrot Tops Ground Cumin Ground Turmeric Chamomile Tea Green Tea
Golden Brown	Dill Seeds
Brown	Strong Coffee Instant Coffee Black Walnut Shells Black Tea
Orange	Yellow Onion Skins Cooked Carrots Chili Powder Paprika
Pink	Beets Cranberries or Cranberry Juice Raspberries (crushed) Red Grape Juice Juice from Pickled Beets
Red	Lots of Red Onion Skins Canned Cherries with Juice Pomegranate Juice

