

Cooking Class

Breakfast Ideas

It can be difficult to find healthy, delicious recipes for the most important meal of the day. Join us for this cooking class, and learn how to start your day the tasty way!

On the menu: Mediterranean Scrambled Eggs, Sweet Potato Bacon Frittatas, Marmalade French Toast Casserole, Good Morning Waffles, Sweet Potato Pancakes, and Sunrise Smoothies.

Call 610-346-9080 to sign up. \$25 per person.

Saturday, April 21st, 10 am



Massage Minute: Welcome Cheryl Lombardi!

A new massage therapist is joining the Well of Life team! Cheryl Lombardi will be offering **CranioSacral Therapy** in our Springtown office **beginning April 5th**. And, as a special for the months of April and May, she will be offering 1-hour CranioSacral sessions for a **discounted rate of \$70**, a savings of \$10. Cheryl will be available for appointments every Thursday from 1 - 7pm, and by special appointment.

HAVE YOU HEARD THE NEWS???

The Springtown Well of Life is moving...but we're not telling where yet! Check our Facebook page for weekly clues as to where we will be moving. Then, get ready for our

MAY 1ST GRAND OPENING!

Also, save the date, because you are invited to our

OPEN HOUSE

SATURDAY, JUNE 2ND

in the afternoon



Fitness Fact: What is Assisted Stretching, and What are the Benefits?

If you are someone who is physically active or someone who should be working out more regularly, the benefit of assisted stretching is huge! Assisted stretching involves you working with a partner to carry out the stretch, where one person performs or "assists" in the stretching on the other person, who is passively receiving and feeling the stretching. The benefits of assisted stretching are many, and they include: decreased muscle stiffness, increased range of motion, more energy efficient movements, and increased blood supply to muscles and joints. All of these contribute to injury prevention and enhanced performance.

Are you looking to get more out of your stretching routine? Make an appointment with Dustin Doran today and feel the difference assisted stretching can make for you!