

## Cooking Classes

### Chocolate 101

Saturday, April 13th, 10 am

**On the menu:** Mayan Chocolate Smoothie, Chocolate Mint Bliss Smoothie, Rich Lavender Chocolate Fudge, Chocolate Raspberry Decadence Cake, and Chocolate Chocolate Chip Hazelnut Cookies

### Brunch Ideas

Wednesday, April 17th, 6:30 pm & Saturday, April 27th, 10 am

**On the menu:** Kale Pesto Quiche, Eggs Benedict with Swedish Dill Salmon, Lemon Blueberry Muffins, and Butternut Squash Soup with Roasted Pecan Cream

*Cost for each class is \$30 per person. Call 610-847-1941 to sign up!*

## Fitness Fact

Give your brain a boost! Exercise not only improves your body, it increases serotonin levels in the brain, leading to improved mental clarity. Add to that the increased energy levels that exercise brings, and you've got yourself a more productive day! To begin a regular exercise regimen, schedule an appointment with our Personal Trainer, Lisa Hockel, today!

## Massage Minute

It's that time again: swimsuit season is approaching quickly! If you have some stubborn cellulite that you'd like to do something about, why don't you try some cupping sessions with Massage Therapist Emily Urie?

Cupping is a therapy that creates a suction against the skin, loosening connective tissues, drawing out the fluids and toxins that create inflammation, and stimulating circulation. This reduces the "orange peel" appearance of the skin, making it smoother and healthier.

Call 610-847-1941 for more information or to schedule an appointment!

## Thanks For Calling!

We would like to take the time to thank all of our clients for your patience when calling into the front desk. We strive to serve our customers in the most courteous way possible, which is why, when you are checking out at the front desk, you will receive our undivided attention. This means that all calls coming into the front desk during that time will go to voicemail. If your call goes to voicemail, please understand that we are helping another customer, and will generally return your call within 10-15 minutes, unless our office is closed.



When you leave a voicemail for the Client Advocate, your call will be returned within half an hour to one hour; also understand that all calls are returned in the order of their urgency. If you have an emergency and are unable to reach the Client Advocate, call 911 immediately.

Thank you again for being patient and understanding as we serve each and every one of you to our greatest ability.

## Our Garden

The weather is warming, and our garden will soon be in full bloom, thanks to the help of our new gardener, Brenda Davidson. The next time you're in Ottsville, be sure to stop by our garden and say hello. Also, as our garden grows, be looking for fresh vegetables and herbs for sale in the lobbies of both offices.

