

Cooking Classes

Chocolate 201

Saturday, April 5th, 10 am

On the menu: Smoky Chocolate Crackers; Chicken and Mole, A Love Story; Chocolate Raspberry Mousse; Extra Special Oatmeal Cookies; Mini Chocolate and Yogurt Parfaits; and Homemade Hot Chocolate

Spring Brunching

Saturday, April 12th, 10 am

On the menu: Blueberry French Toast Casserole, An Ingenious Benedict, Portable Quiche, Sauteed Sweets with Ginger & Lime, Cinnamon Rubbed Lamb Chops, and Simply Surprising Strawberries

Sugar-Free Sweets

Saturday, April 26th, 10 am

On the menu: Coconut Macaroons, Be Prepared for Caramel Delight, Elvis's Envious Smoothie, Purple Velvet Torte, Lemon Parfait, and Macadamia Caramel Clusters

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

Cooking Certification Advanced I

Saturday, April 19th, 10 am

Bring your Cooking Certification Program to a close with the Advanced series classes! You will build upon the skills you have learned in your previous classes, and create complex, delicious meals that will thrill your friends and family!

Certification class cost is \$50 per person. Call 610-847-1941 to sign up!

Massage Minute: Welcome Lisa Hendricks



We are pleased to introduce you to the newest member of our Well of Life team, Lisa Hendricks. Lisa will be offering deep tissue massage therapy and reflexology in **both our Doylestown and Ottsville locations** beginning April 7th. She will be available for appointments in **Doylestown** on Mondays and Fridays, from 9 am to 3 pm, and in **Ottsville** on Tuesdays, from noon to 7 pm, and Thursdays from 9 am to 3 pm.

Reflexology uses the application of pressure to certain areas of the foot that correspond to different parts of the body that may be experiencing distress. Applying pressure to these areas on the feet allow for the release of tensions that may be adding to the distressed area, bringing the body back into balance.



For more information on the benefits of Reflexology, visit our website at welloflifecenter.com and click on the Massage tab.

Fitness Fact

Top Ten Benefits of Stretching

10. It increases your flexibility and joint range of motion
9. It improves your circulation
8. It gives you better posture
7. It brings about a feeling of relaxation
6. It alleviates lower back pain
5. It aids in stress relief
4. It enhances your coordination
3. It can lower blood pressure
2. It increases your energy levels
1. It is fun and easy!

To schedule a stretching appointment for yourself and take advantage of these great benefits, call 610-847-1941!