

## Massage Minute

Did you know that massage may be the earliest form of health care in history? Massage doubles the amount of blood received by the muscles as it is circulating throughout the body. This blood carries vital nutrients and oxygen to the muscles. Along with many other health benefits, by getting a massage, you are improving the nutrition that your muscles receive, thereby feeding it without exhausting it. If you would like to experience the the positive health benefits associated with massage, call our massage department today at 610-346-9080 ext. 305.



Can't make it to one of our lectures?  
Why not watch it at your convenience?

We have many of our public education lectures recorded on DVDs so that you still have the opportunity to get the valuable information offered, even if you cannot attend the lecture itself. Even better, you can schedule your own private viewing of one of these lectures at the Well at whatever time suits you best! If you are interested in watching one of our lectures on DVD, please speak with our Client Advocate at the Front Desk! We're sorry, but lectures are not available for rent or to borrow. Lectures must be viewed at the Well of Life Center only.

## Meet Dustin, Our New Personal Trainer!



If you have not met him yet, we are pleased to introduce you to Dustin Doran, our new Fitness Instructor! Dustin has been shadowing Drew at the Well for the last few months and is excited to be working full time with all of our clients as of August 1st!

We would also like to take some time to thank Drew and wish him the best of luck in all of his endeavors as he continues along the path God has laid out for him. You will be missed, Drew!

To welcome Dustin to the Well, we are offering Fitness Specials for the months of August and September:

Initial Fitness Evaluation.....	FREE
1 Hour Personal Training Session.....	\$20
30 Minute Assisted Stretching Session.....	\$20

Schedule yourself an appointment at these discounted rates today, because beginning in October 1st, Fitness pricing will be as follows:

Initial Fitness Evaluation.....	\$30
1 Hour Personal Training Session.....	\$30
30 Minute Assisted Stretching Session.....	\$25
Package of 8 Personal Training Sessions.....	\$200

*\*Must do two session per week for four weeks*

## Get Ready, Recruits!

This October, Boot Camp is coming back in full force, with a series of heart-pumping exercises, enlightening lectures and classes, and deep physical, emotional, and spiritual detoxification. Join us for this year's Boot Camp, and discover the strength you never knew you had!



To receive more information and details regarding October's Boot Camp, please join us on September 15th at 7 pm at the Well of Life Center for our Boot Camp Informational Meeting. Here, we will go over the details of Boot Camp, including cost, commitment, and more specifics!

## Beat the Heat!



The temperature these days has been reaching into the 100s, which can pose a serious risk to your health if you are not drinking enough water. If you are out in the heat, be sure you are drinking **more than** half your body weight in ounces of water every day!