

Cooking Classes

Our Cooking Certification classes are beginning again in September! If you are interested in joining us for this great program, sign up now, as space is limited. See the Cooking page of our website for more information!

Eating For Baby & You

Wednesday, August 14th, 6:30 pm

On the menu: Stir Fry Follies, Baby's Beet Salad, Little Lambies Loaf Sandwich with Avocado Spread, Momma's Mock Mashies, and Citrus Spritzer

School Lunches

Saturday, August 24th, 10 am

On the menu: "Well" Liked Burger & Fries, No "Mc" Chicken Nuggets, Woo Hoo Sushi, Busy Salad, Take a Dip: Fruit & Veggie Style, and Lunch-Ablers

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

Massage Minute: Summer Ailments

Summertime brings about an increase in outdoor activities, as the days are long and the weather is pleasant. Unfortunately, an increase in sore muscles and minor injuries usually comes with it. Here are some common aches and pains you may be feeling that massage therapy can help to alleviate:

Shin splints - This painful condition is not just for runners. Shin splints are caused by the overuse of the leg muscles, leading to inflammation of the lower leg. They may occur from biking, jogging, hiking, or even just walking.

Tennis elbow - It may surprise you to find that you do not need to be playing tennis in order to suffer from this form of tendonitis. Any type of repetitive or stressful use of the tendons and muscles of the wrist and elbow may cause tiny tears in the tendons of the forearm, leading to this painful condition.

Back pain - Back pain is one of the most common ailments that drives a person to seek massage therapy. Whether the pain is from overexertion or engagement in an activity that involved twisting the core of your body, massage can help to loosen those tight, sore muscles and increase blood flow to the area.

If you can identify with any of these conditions and want to start feeling better today, speak to your clinician or call to schedule a massage appointment!

Fitness Facts: Setting Goals

Do you want to exercise, but don't want to do it alone? That's okay! Exercising with a friend or loved one can be more fun, plus they can offer encouragement and support, making it more likely for you to reach your goals and stick to your plan.

At the Well of Life Center, we offer shared personal training sessions with Lisa Hockel for two people or more! If you and a friend are interested in beginning an exercise program together, give Lisa a call today!

Help Spread the Word!

Would you like one of our clinicians to speak at your house, church group, club, business, or organization? Let us know! By hosting a nutritional gathering, you can help spread the word about healthful living, and, as a thank you, we will give you a \$50 gift certificate to be used at either Well of Life location. The clinician may speak on the topic of your choice, or they may give their own testimony of healing.

If you are interested in having Victoria Fisher, Dr. Jon Gindhart, Felicia Pasquale, or Megan Kitchie speak at an event, give our office a call! They would be happy to schedule a time that works for you and your group of friends or co-workers.

What are you doing August 7th?

Having a hoedown at the Well, of course! That's right, on August 7th, the Well is going Country Western! Grab your cowboy boots and stetsons, lasso up your friends and family, and stop by either Well of Life location for some prizes and good old-fashioned fun!

★ No appointment necessary to stop by ★

Prizes for all who attend dressed in your best country western gear

August 7th marks the one-year anniversary of the passing of Cynthia's mother, GiGi, who loved Country Western music and dancing. We are celebrating this day to honor her memory.

