

## Cooking Classes

### Chocolate 101

Saturday, August 16th, 10 am

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

Cost for each class is \$30 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!

## Massage Minute



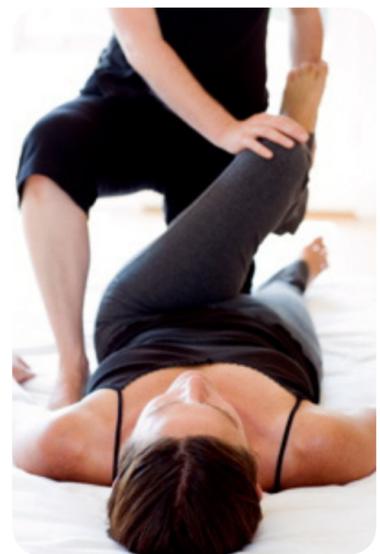
Did you know that there are 640 muscles in the human body, and that they make up about half of your total body weight? What are you doing to take care of those muscles? A massage can reach deep into the layers of your muscles, stimulating blood flow and awakening them to regenerate new, healthy cells.

To schedule your massage, call our Ottsville, Doylestown, or Bethlehem office today!

## Fitness Fact

Many of us think that stretching is for before or after a strenuous workout only. This is not true! As we age, our muscles tighten and we lose range of motion in our joints. Regular stretching improves circulation, which brings nutrients to each and every cell of your body while also removing waste products. Stretching also increases your strength, creates better posture, helps with relaxation and stress relief, reduces lower back pain, and enhances deep breathing techniques.

To experience all of these great results for yourself, schedule an assisted stretching appointment with our Personal Trainer Lisa Hockel at our Ottsville office!



## It's A Luau!

To celebrate summer, the heat, and just to have fun, the Well of Life Center is hosting a Hawaiian day on Wednesday, August 6th!

We'd love for you to put on your Hawaiian shirts and grass skirts, and join in the celebration! Come to your appointment or just stop by any of our offices between 9am and 4:30pm wearing your finest beach or Hawaiian attire, and receive a coupon good for **10% off** products, nutrition, or massage here at the Well of Life Center.



8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | [www.welloflifecenter.com](http://www.welloflifecenter.com)

The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930

801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881