

Cooking Classes

Holiday Sweets

Saturday, December 6th, 10 am

On the menu: Coconut Meringue, Purple Velvet Torte, Peanut Butter Oatmeal Bites, Chocolate Raspberry Mousse, Gingerbread

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!

Beginner III Cooking Certification Class

Saturday, December 13th, 10 am

Join us for the conclusion of our Beginner Series Certification Classes. During this class, we will be discussing the book *Getting Back to the Basics of Human Health*, and how to incorporate the concepts found in this book into our daily cooking.

All Certification classes are held in our Ottsville office and cost \$50.

Coming December 8th!

The Well of Life Center is pleased to announce the upcoming release of our newest cookbook: **Cooking For Health: Parasites**. At last, we have an entire cookbook dedicated to recipes for those on the parasite diet!

Pre-orders are now being accepted; call your office to place an order!



NEW! Barre Exercise Class



This class incorporates exercises done at a ballet barre and combines elements of ballet, Pilates, and yoga. It uses small, controlled movements to create a long, lean, sculpted physique.

The Barre technique is a great complement to our Lean and Lengthen Stretch Class on Fridays at 12 pm. If you see Personal Trainer Lisa Hockel at both classes every week, we promise, you will see results by Christmas!

The new one-hour Barre Exercise class will take place on Tuesdays at 10 am, beginning December 2nd. The cost is \$15 per class, or \$25 for both the Barre class and Stretch class (a savings of \$5)!

Introducing a New Well Event: Welcome to the Well!

To help our new clients become better acquainted with the Well, our services, and our philosophy of healing, we are hosting a brand-new monthly event called "Welcome to the Well." These events are completely FREE of charge, and open to all new clients.

Beginning in January, our Ottsville office will host the first Welcome to the Well event, followed by the Bethlehem office in February and the Doylestown office in March. While each event is open to clients from any office, RSVP is required. We hope you will join in our excitement for this opportunity to educate our newest clients on all that the Well can offer.

The Vision Behind the Well

Saturday, March 14th

Mark your calendars now for The Vision Behind the Well! This event is an opportunity to hear of the inspirational way God used Cynthia Hofmann-Coale's struggle through the diagnosis of cancer and the ensuing fight for her life to establish the Well of Life Center for Natural Health. It is an afternoon that will leave you encouraged, inspired, and with a renewed sense of hope.

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The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930
801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881