

Cooking Class

Christmas Appetizers & Desserts Saturday, December 3rd, 10 am

Awaken your holiday spirit with some great new appetizers and desserts!

On the menu: Festive Crab Dip, Spinach Artichoke Dip, Bacon-Wrapped Chicken Bites, Cranberry Pecan Cheese Ball, Thumbprint Cookies, Scrumptious Shortbread Bites, Chocolate Peanut Butter Bars, Chocolate Macarons, and Christmas Kettle Corn.

Call 610-346-9080 to sign up. \$25 per person.



You've Asked For It...

Many of you have mentioned your desire to be able to view our public education lectures online. Well, your wishes are about to be fulfilled!

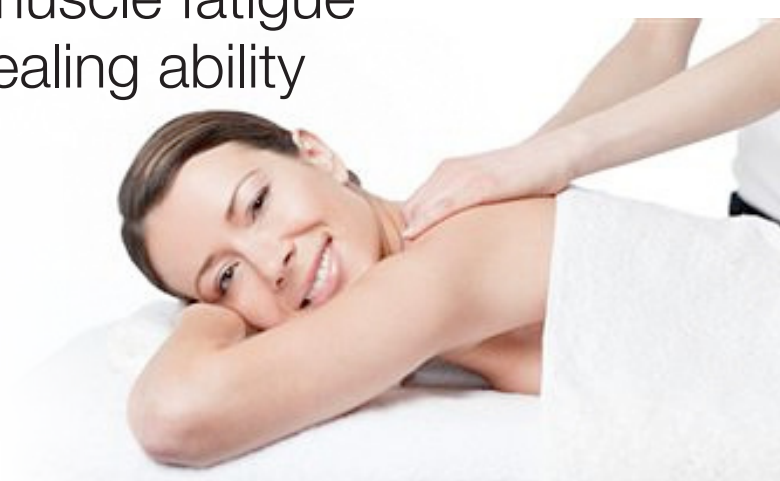
Beginning in January, we will be offering our lectures in weekly webinars, which you will be able to log in to view from the comfort of your couch, bed, or wherever you can connect to the internet! Keep an eye out for more information to come in next month's newsletter!

With this new service we are offering, it is very important that we have your current email address on file. If you are not currently receiving emails from the Well of Life, please let the Front Desk know!

Massage Minute

Swedish massage is new to the Well of Life Center! Here are some of the health benefits you can gain by receiving one:

- ★ Delivers more oxygen and nutrients to the muscles to help reduce muscle fatigue
- ★ Improves blood circulation, which initiates the body's own natural healing ability
- ★ Stimulates lymph circulation to help rid the body of impurities
- ★ Alleviates restrictions of the muscles and stiffness
- ★ Relieves tension and stress
- ★ Reduces pain
- ★ Improves sleep
- ★ Promotes better digestion



To book your Swedish massage with Emily, call our Front Desk at 610-346-9080.

Fitness Fact

The Well of Life Fitness Department has moved! Our new Well of Life Fitness Workshop, located in what used to be the Food Co-op shed, is now up and running. This new space offers greater privacy for personal training and assisted stretching appointments. If you have not yet seen our new space, call 610-346-9080 to set up a time for you to stop by and check it out!

Doylestown is moving!

We are very pleased to announce that on January 1st, our Doylestown office is expanding into a new, larger location with expanded parking. With this new location, we will be offering full-time massage therapy, as well as in-house lectures!

To get there from our current location, turn right onto Clinton Street. Take your first left onto Oakland Avenue, and then bear right onto E State Street. At the traffic light, turn right onto East Road. Take the first left onto Farm Lane. Our office is located in the main farm building.

Join us for our Open House on January 14th, from 1pm - 3pm!

Our New Location:

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