

## **Cooking Classes**

### **Date Night**

*Saturday, February 9th, 6 pm*

*Wednesday, February 13th, 6:30 pm*

On the menu: Crispy Welsh Rarebit with Caramelized Shiitake Mushrooms, Béarnaise -Drenched Lamb and Shrimp, Lemony Pea Shoot Salad, Divine Baked Alaska, and Red Velvet Cake

*This special cooking class costs \$75 per couple, and includes a delicious wine pairing.*

### **Breakfast Ideas**

*Saturday, February 23rd, 10 am*

On the menu: Poached Eggs with Garlic-Infused Kale, Well of Life Waffles, Fruity Groat Cereal, Sweet Cinnamon Pancakes, Creamy Kale Omelet, and a Green Power Smoothie

*Class cost is \$30 per person. Call 610-847-1941 to sign up!*

## **Fitness Fact**

Winter is no time to quit your exercise routine! While the short days and cold temperatures may make you want to do nothing more than cuddle up with a warm blanket and your favorite movie, now is the best time to get up and move! First of all, exercising creates warmth. This makes you more comfortable, and it keeps your blood flowing fluidly through your vessels. Exercise also releases endorphins, which will keep you upbeat during those months when it is easy to feel depressed, withdrawn, and sluggish.

So, if you're ready to get moving, give us a call! Our Fitness Department has many programs to offer, including personal training, fitness classes, and even personalized programs to you to complete at home! Call us at 610-847-1941 to schedule a consultation!

## **Massage Minute**

When was the last time you visited the Massage Therapy department at the Well? Maybe it's time for another visit! Not only can a massage be relaxing and rejuvenating, but it can also boost your immune system! And who couldn't use an immune system boost right now? Try out any of the services we offer, including deep tissue massage, acupuncture, body wraps, lymphatic massage, craniosacral therapy, and shiatsu. Call 610-847-1941 to schedule an appointment today!

## **Flu Shot: To Get or Not To Get?**

With the flu epidemic sweeping through the country, you may be feeling the pressure of everyone from your boss to your family members telling you to get the flu shot. Whether or not you choose to get one is, of course, your decision to make. However, we want to be sure you are making an informed decision.

What you may not be told by those well-wishing advocates of the flu shot is what actually goes into the shot itself. Along with the inactivated virus, the flu vaccine also contains aluminum salts, sugar, formaldehyde, and other antibiotics. Some also contain thimerosal, which is a form of mercury. Quite the cocktail, right?

If you're looking for a natural, safe alternative to a flu shot, come get tested for our "Battle Ready" formula of Vitamin D3 Liquid Complex and Elixer Vita, which work together to give the immune system a powerful boost. Schedule an appointment with your clinician if you would like to be tested for this great formula.

