

Cooking Classes

Date Night: Love in the Kitchen

Friday, February 14th, 6 pm

On the menu: Baba Ghanoush, Avocado and "A-Love" Salad, Sweet Mashies, Cuddled Brussels, Crimini Lamb Chops with Rosemary, Chocolate Torte with Salted "Caramel"

Cost for this special class is \$75 per couple. Call 610-847-1941 to sign up no later than February 12th!

Raw-mazing!

Saturday, February 8th, 10 am

On the menu: Donut Wholes, Cauliflower Apple Soup, Avocado Jicama Dill Salad, Tuna-less Salad, Thai Style Noodles and Veggies, Collard Green Wraps with Coconut Lime Sauce, and Raw Almond Joy Bars

Bugging Out: Parasite Protocol-Friendly Recipes

Saturday, February 22nd, 10 am

On the menu: Breakfast of Champions, Omelet Fit for a King, Rocking Roasted Veggies, Halibut with Garlic Oil and Tomato Relish, Spaghetti Squash and Meatballs, and Easy Applesauce

Cost for each class is \$30 per person. Call 610-847-1941 to sign up no later than the Thursday before each class!

Cooking Certification Intermediate II

Saturday, February 15th, 10 am

Continue on the journey of healthy meal preparation and cooking as we build upon the skills you have learned in the Beginner Series, and add more complex cooking techniques to your repertoire!

Certification class cost is \$50 per person. Call 610-847-1941 to sign up no later than February 13th!

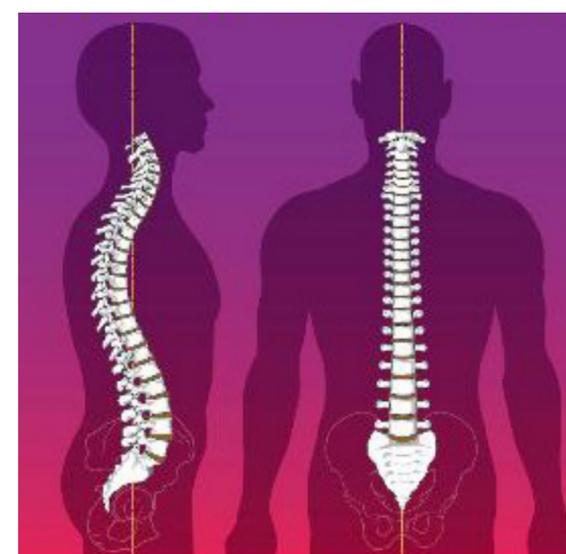
Sitting, Sleeping, Standing Seminar

Saturday, March 1st, 1 pm, Ottsville

The Well of Life Center presents Dr. Jon Gindhart and Dr. Matthew Godwin as they explain and demonstrate the three S's: **Sitting, Sleeping, & Standing**. At this interactive seminar, the Well of Life Chiropractors will explain how the way you sit, sleep, and stand may be causing your existing body problems, as well as how your body structure can be restored and future problems can be avoided.

Immediately following the lecture will be an opportunity for you to participate in a **FREE** assessment by one of our Chiropractors. He will assess you for your correct pillow height, fit you for a seat cushion and demonstrate the proper way to use it, and set up your shoes properly. This is normally a **\$50 assessment**, so take advantage of it today! In addition, we will be offering the products that go along with this assessment at a **discounted rate** for any participants in the seminar!

So bring your pair of shoes and your pillow, and get ready to have some fun while learning what the ABC's of sitting, standing, and sleeping are all about!



Weston A. Price's Shopping Guide

Weston A. Price now has their Shopping Guide available as an app! In this easy-to-use grocery guide, several thousands of food and beverage products from 30 different categories have been meticulously researched by the Weston A. Price Foundation. Each category of food must uphold specific quality standards in order to qualify for the guide.



If you have an Apple iPod, iPhone, or iPad, you can download this free app from the Apple App Store. Simply search for it by its name, "Find Real Food."

Record of Food Intake Sheets

Our Daily Record of Food Intake forms are now available online for you to download and print! You can access the form from the Resources page of our website, www.welloflifecenter.com.

Fitness Fact

Since February is Heart Health Month, why not give your heart a boost and begin an exercise routine? Exercise makes the heart – the most important muscle in the body – stronger, meaning it pumps more blood per beat, which lowers your heart rate. This makes you more energized and less fatigued, making breathing, the activities of daily life, and exercising, easier. To begin your exercise routine, give our Personal Trainer, Lisa Hockel, a call at the Ottsville Well of Life Center!

