

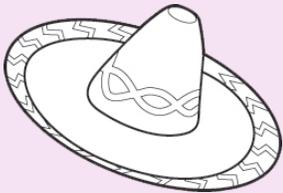
Cooking Classes

We're kicking off our International Foods series of cooking classes in February with

MEXICAN CUISINE!

Grab your sombrero and join us for this delicious fiesta that is sure to get your taste buds dancing!

Saturday, February 19th
10 am to 12 pm
\$25 per person



Call 610-346-9080 to sign up!

Fitness Fact

Exercise Gives you Energy!

Are you feeling too tired to even think about beginning to exercise routine? Regular exercise not only improves your strength and stamina, making it easier to accomplish your daily tasks, but it also releases endorphins, making you feel more energized and happy for the rest of the day!

Call 601-346-9080 ext. 610 to set up your fitness consultation with Drew today!

Massage Minute

Did you know that touch is the first sense to develop in humans, and may be the last to fade? A touch of any kind can reduce the heart rate and lower blood pressure.

Let the massage therapists at the Well of Life Center help to keep your mind stress-free, and melt away the tension in your body.

Call 610-346-9080 ext. 305 to schedule a massage with Michelle or Adrienne today!

Have you heard the news? The Well of Life Center is expanding! We are pleased to announce that our second office in Doylestown will be open for nutrition and chiropractic appointments beginning February 1st!

Clinicians Tony Blasco and Victoria Fisher will be splitting their time between Springtown and Doylestown, offering nutritional care at both offices.



You may have noticed a new face around the Well over the past few weeks. If you have not met him yet, we are pleased to introduce you to Dr. Jon Gindhart, our new Chiropractor! In order to best serve the purpose God has placed in Dr. Tony Blasco's heart as a nutritionist, he is stepping down as chiropractor at the Well of Life Center. Dr. Gindhart, a graduate of Palmer College, will be available for chiropractic appointments in Springtown as well as Doylestown.

Doylestown Office

The Landmark Building
10 S Clinton Street, Suite 106
Doylestown, PA 18901
215-340-3930

Nutrition	Chiropractic
Tues, 10am - 3pm	Wed, 9am - 7pm
Thurs, 12pm - 7pm	Fri, 9am - 5pm
Sat, 8am - 12pm	

Springtown Office

3172 Route 212
PO Box 117
Springtown, PA 18081
610-346-9080

Nutrition	Chiropractic
Mon - Thurs	Tues, 12pm - 7pm
9am - 7pm	Thurs, 10am - 7pm
Fri, 8am - 2pm	Sat, 8am - 12pm
Sat, 8am - 12pm	

For more information about our new office or Dr. Jon Gindhart, visit our website.

February is Heart Health Month!

Here are some Healthy Heart Tips from the Well of Life:



Eat with your heart in mind!

- Incorporate plenty of good fats into your diet, such as butter, olive oil, coconut oil, nuts, avocados, and animal fats.
- Eat fruits and veggies high in antioxidants, including kale, blueberries, carrots, strawberries, broccoli, grapes, tomatoes, apples, cranberries, and more!
- Eat protein at every meal. Choose from free-range chicken and eggs, grass-fed beef or bison, and wild-caught fish. Avoid pork and shellfish.

Exercise as you are able!

- Remember, exercise can be fun, and there are a lot of great ways to get your heart pumping, including walking, stretching, yoga, dancing, resistance training, kickboxing, weight lifting, running, swimming, and more! Check out the personal fitness programs we offer here at the Well, and ask your clinician what may be best for you!

Don't forget to ask about our Client Rewards Program!
Ask a Well of Life staff member for details!

