

♥ **Cooking Class**

Celebrations!

Saturday, February 4th, 10 am

Holidays, birthdays, and parties can be tough to navigate when you're trying to eat healthfully. Join us to learn some delicious, guilt-free recipes that will brighten any celebration!

On the menu: Savory Egg Rolls, Chicken Caesar Salad Bites; Tostones with Black Bean Hummus; Lemon Bars; Fresh Fruit with a Sweet Dip Medley (Orange Dip, Pumpkin Dip, and Banana Dip); and Chocolate Cake with Whipped Cream Frosting. *Call 610-346-9080 to sign up. \$25 per person.*



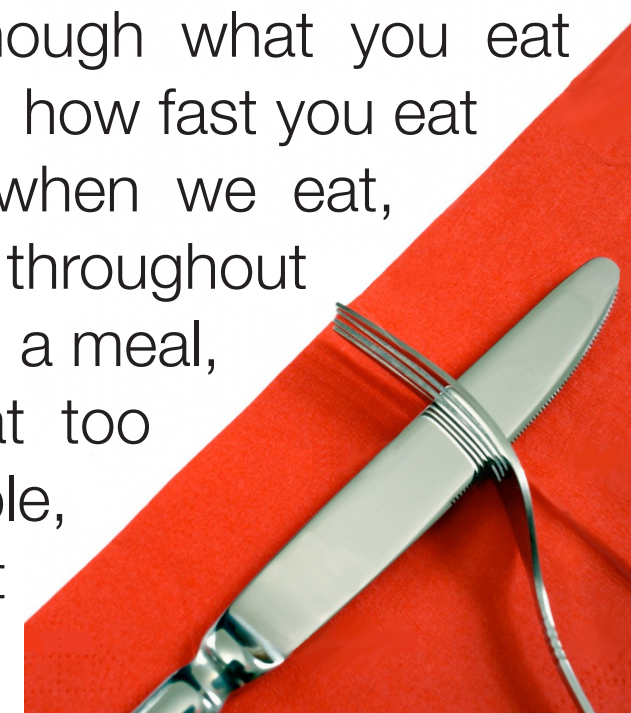
♥ **Massage Minute: What is CranioSacral Therapy?**

CranioSacral Therapy is a noninvasive technique that helps detect and correct an imbalance within the rhythm of movement between the cranium and the sacrum. This is accomplished by analyzing the existing cranial rhythm, lengthening the spine in the lumbar-sacral region, and addressing each one of the cranial bones, all with a light, gentle touch. CranioSacral Therapy encourages the body's natural mechanisms to improve the functioning of the brain and spinal cord, dissipate the negative effects of stress, and enhance general health and resistance to disease.

To experience a CranioSacral session for yourself, call the Doylestown office at 215-340-3930.

♥ **Fitness Fact**

One of the challenges with working out and getting into shape is eating. Although what you eat has a lot to do with how healthy you are and how much weight you can lose, how fast you eat has the same effects on the body as well. A lot of times we overindulge when we eat, because we are so hungry from not eating the right foods at the right times throughout the day. But here is something you can take a fork to: When you are eating a meal, put down your fork or spoon in between bites. By doing this, you won't eat too quickly or overindulge. Your meal will become a lot more relaxing and enjoyable, instead of making you feel tired and stuffed afterwards. Give it a try tonight at dinner!



♥ **Well of Life Policies**

Return Policy

It is a policy of the Well of Life that all returns must be made within 30 days of purchase, and that no items will be accepted for return after 30 days. This policy is printed on the bottom of every invoice, but we want you to know why we have this policy in place: we want to be sure we are giving you the freshest products possible, with the longest shelf life available. For this reason, we will not accept returns after 30 days of purchase.

Snow Cancellations

The Well of Life Center takes the safety of its clients and employees very seriously. Therefore, there may be times when the Well will open late, close early, or close altogether if there is an accumulation of snow in the area. To make sure that you remain properly informed on all snow cancellations, it is essential that we have your current phone number and email address on file. Should we decide to change our hours or close due to snow, we will call to inform you and reschedule your appointment. We will also send out an email updating you on our hours of operation.

