

## Fitness Fact

Introducing the newest member of our Fitness team, Tara Topakbashian. Tara joins the Well of Life family as a Personal Trainer at our Ottsville office.

Please join us in welcoming Tara to the Well. Tara will be available for personal training Mondays and Wednesdays from 4-6 pm, and will be teaching a fitness class, called PIYO, on Mondays and Wednesdays from 6-7 pm. PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga! Tara will also be available every other Saturday at the Well for personal training and classes.



Lisa and Tara in our fitness department are so excited for the New Year and a New You! They are offering **FREE initial consultations** during the month of January to help you get off to a great start! Call today for personal training at the Well, fitness classes, or a personalized at-home program. Call 610-847-1941 to schedule your appointment!

## Cooking Classes

### Bars and Balls of Chocolate

**Saturday, January 17th, 10 am**

On the menu: Chocolate Espresso Snowballs, German Chocolate Protein Bars, Balls of Joy, Chocolate Oat Bars, B & B Strawberries

*Cost for each class is \$30 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!*

### Intermediate I Cooking Certification Class

**Saturday, January 24th, 10 am**

Join us for the continuation of our Cooking Certification Classes. As we enter the Intermediate Series Classes, we will be learning more complex cooking terms and techniques that will take you beyond the basics you've already mastered!

*All Certification classes are held in our Ottsville office and cost \$50.*

## Massage Minute

It's the new year! The busyness of the holidays is past, and now it is time to take care of YOU. What better way to do that than to schedule an appointment with the Well of Life Massage Department?

There are a variety of services available at our offices for you to take advantage of, including Deep Tissue Massage, Lymphatic Massage, Reflexology, Cupping Therapy, and CranioSacral Therapy. To find out if a service is offered at the office nearest you, or to schedule an appointment, call the office's front desk.



## The Vision Behind the Well

**Saturday, March 14th, 10 am - 4 pm**

Mark your calendars now for The Vision Behind the Well! This event is an opportunity to hear of the inspirational way God used Cynthia Hofmann-Coale's struggle through the diagnosis of cancer and the ensuing fight for her life to establish the Well of Life Center for Natural Health. It is a day that will leave you encouraged, inspired, and with a renewed sense of hope. Lunch will be provided and admission is free. More information coming soon!



**8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | www.welloflifecenter.com**  
**The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930**  
**801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881**