

Cooking Class

Soups & Stews Saturday, January 28th, 10 am

Nothing tastes better on a cold, snowy winter night than a steaming bowl of soup to enjoy with your loved ones. Warm yourself from the inside out with these hearty, delicious soups and stews, which will be the perfect compliment to a cozy night in by the fire!

On the menu: Savory Beef Stew, Sweet Potato Apple Soup, Curried Peanut Squash Soup, White Bean and Roasted Garlic Soup, and Freshly Milled Bread. For dessert: Sweet Strawberry Soup.

Call 610-346-9080 to sign up. \$25 per person.



Massage Minute

As the Well of Life Center grows, we are able to offer you more options for massage! Between the Springtown and Doylestown branches, we now offer deep tissue massage therapy, lymphatic massage, Swedish massage, Shiatsu, and CranioSacral Therapy. With all of these choices, you are sure to find something that is the right fit for you. For more information on what these modalities are and what they can do for you, call our Massage Department in Springtown at 610-346-9080, ext. 305, and Doylestown at 215-340-3930.

Fitness Fact

Type 2 diabetes, once called “adult onset” diabetes, is now diagnosed in teens and even children. Excess weight is the single greatest risk factor for type 2 diabetes in children. In the U.S., almost 1 out of every 5 children is considered to be overweight. Once the child is overweight, chances are more than doubled that the child will develop diabetes. One or more of these factors listed may contribute to excess weight or obesity:

- Unhealthy eating patterns
- Lack of physical activity
- An inherited tendency
- Rarely, a hormone problem or other medical condition

Does your child need encouragement to become more active? Our fitness department is ready to help get your child moving with fun exercises and activities that will restore their energy and allow them to live a healthier life.

Doylestown is moving!

The new Doylestown branch of the Well of Life Center opens January 2nd! This new location provides us with much more space, both in the office and the parking lot, and allows us to offer full-time massage therapy, as well as in-house lectures.

**Prizes,
Food,
& Fun!**

We invite you to come check out
the new space at our
Open House
Saturday, January 14th
1 – 3 pm
The Farm at Doylestown
201 Farm Lane
Doylestown, PA 18081

