Cooking Classes

Winter Comfort Foods **Saturday, January 12th, 10 am & Wednesday, January 16th, 6:30 pm**

On the menu: Winter Warmth Stew, Hearty Sweet Potato Colcannon, Simply the Best Meatloaf, Roasted Chicken Stuffed with Perfection, Well of Life Mac and Cheese, and Ribbon-Winning Apple Pie

Winter Desserts **Saturday, January 26th, 10 am**

On the menu: Crispy Apple Pie, Better Than Pie Pumpkin Bars, Not Your Grandmother's Bread Pudding, Rustic Pear & Farmer's Cheese Tart, and Buttery Rich Apple-Pear Upside Down Cake

Cooking Classes cost $30 per person. Call 610-847-1941 to sign up!

Contact Information

With the winter months here, there may be times when the Well will open late, close early, or close altogether if there is inclement weather in the area. To make sure that you remain properly informed on all weather-related 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 the weather, we will call to inform you and reschedule your appointment. We will also send out an email updating you on our hours of operation. Please confirm with our receptionist that the number we have on file is the BEST number at which to reach you.

Stay Warm This Winter…and Purify While You Do!

The winter months can be bitingly cold, but that doesn't mean you have to yearn for the warm sunshine of summer all winter long! Get yourself in a hot Epsom salt bath!

Along with warming you up in no time, an Epsom salt bath will…

- Detoxify your body, specifically the liver and kidneys
- Aid in circulation
- Support and stimulate a healthy endocrine system
- Help to cleanse the lymphatic system

Here's how you do it properly:

Put 1-2 cups Epsom salts in a tub while filling with hot water.

Soak for 20 minutes.

To finish bath, rinse yourself in the shower; rinse first for 10 seconds in cold water, then 10 seconds in hot water. Repeat the rinsing cycle, and finish with a third cold rinse.

Dry yourself thoroughly and wrap up in warm clothing!

Get Your Body Moving!

It's a new year! Is it time for a new you? The Well of Life Fitness Department is here to get you motivated and moving this winter. Our new fitness instructors are ready and waiting to help you out and meet you at your level!

Call to schedule an appointment and begin one of the most **fun** and transforming adventures of your life! Find more information on the Fitness page of our website.