

## Cooking Classes

### Cook to Freeze

Saturday, January 11th, 10 am

*On the menu:* Banana Flax Pancakes, Butternut Poblano Soup, Laura's Famous Beef Stew, Pasta-less Lasagna, and Sweet Potato Black Bean Burgers

### Funky Finger Foods for a Kicking Superbowl

Saturday, January 25th, 10 am

*On the menu:* Eggs Deviled Green, Cajun Lamb Bites, Cheddar Veggie Appetizer Torte, Chicken Wing Sate Style, and Walnut Date Brownies with a Punch

*Cost for each class is \$30 per person. Call 610-847-1941 to sign up!*

## Fitness Fact

The new year is a great time to look ahead, decide what changes you'd like to see happen in your life, and set some goals to achieve those changes! When it comes to personal fitness, there's no better place to start than a consultation with Well of Life Personal Trainer Lisa Hockel. Lisa would love to meet with you to discuss your goals, wishes, and desires as they relate to fitness. She will then work with you to create your very own personalized fitness plan, which will be based on your goals and interests, while taking into account your strengths and limitations. With the help of Lisa and the Well of Life Center, a new you is just around the corner!

Call 610-847-1941 today to schedule a consultation with Lisa.

## Massage Minute: Fighting Depression

There are three major ways depression can affect your body. These include an inability to experience pleasure, an excessive sensitivity to stress, and a negative outlook on circumstances. No matter the reason for the depression or anxiety your body may be battling, massage can help! Massage releases both serotonin, which acts as a calming mediator for the body, and endorphins, which act as a happy stimulator for the brain. Together, they can bring pleasurable feelings and elevated moods in both your body and mind!

To schedule a massage for yourself, call one of our offices today!

## Chicken Soup: The Most Delicious Remedy

There is a reason a hot, steaming bowl of homemade chicken soup makes you feel better if you are a little under the weather. Besides being easy to digest and soothing for a sore throat, recent studies have shown that the ingredients found in many chicken soups can have a powerful affect on cold-like symptoms and upper respiratory distress.

Many of the herbs and spices used in chicken soup, such as rosemary and paprika, help to prevent damage to blood vessels and reduce inflammation in the body. Vegetables such as kale, carrots, celery, and garlic contain a variety of vitamins, nutrients, and antioxidants that help the body to ward off infection and inflammation. And the fats and minerals found in chicken (or beef) broth help strengthen cellular integrity and function.

So the next time you or a loved one is feeling a little down, why not try this great Chicken Soup recipe that is packed with powerful nutrients and antioxidants?

### Chicken Soup

#### *Ingredients*

1 whole organic, free-range chicken  
3-4 carrots, chopped  
3-4 stalks celery, chopped  
1 medium onion, diced  
2 cloves garlic, minced  
1 sprig fresh rosemary  
3 sprigs fresh thyme  
2 sprigs fresh oregano  
½ teaspoon paprika  
Salt and pepper, to taste  
Water  
3-4 leaves kale, stems removed, torn into pieces

#### *Directions*

Place the whole, raw chicken in a large soup pot. Add the carrots, celery, onion, garlic, rosemary, thyme, oregano, and paprika. Sprinkle generously with salt and pepper.

Add enough water to fully cover the chicken and vegetables. Bring the contents of the pot to a boil on the stove over high heat, then reduce to a simmer and continue to cook for 1 ½ to 2 hours.

Once fully cooked, remove the chicken and the sprigs of rosemary, thyme, and oregano. Discard the herb sprigs. Place the chicken on a plate or cutting board, and remove as much of the meat as you can. Shred the meat and add it back to the soup.

Add the kale to the soup, and stir all ingredients together until well combined. If needed, season additionally with salt or pepper.

Enjoy immediately, or store in the refrigerator or freezer until ready to eat.

