

JULY 2015

In-House Lectures

Cancer: What Is It Really?

Wednesday, July 8th, 6 pm, Doylestown, with Megan Kitchie

Monday, July 13, 6 pm, Ottsville, with Cynthia Hofmann-Coale | Thursday, July 23, 6 pm, Bethlehem, with Victoria Fisher

Where does cancer come from, and how can we prevent this seemingly unstoppable force? Join us as our clinician enlightens you on the stages of degeneration that lead up to the development of cancer. Learn how making changes to your lifestyle can help to prevent it from developing in your body!

The Power of Posture

Tuesday, July 21st, 6 pm, Doylestown

We've all been told to, "stand up straight," but did you know that improper posture can have far-reaching effects on our health? Your posture affects your circulation, breathing, ease of movement, and so much more, so don't miss this lecture with Chiropractor Dr. Jon Gindhart!

Matinee Lectures

We offer Matinee Lectures on the second and fourth Wednesday of every month at **all of our office locations**. We encourage you to join us for these pre-recorded lectures shown on the big screen, followed by a question and answer time; you'll get a 5% off coupon just for watching!

Sleep Disorders

Wednesday, July 8th, 1 pm

Sleep disorders, ranging from insomnia to narcolepsy, affect millions of Americans. Join us for this pre-recorded lecture as Associate Clinician Victoria Fisher teaches us how sleep disorders may form, how they affect our bodies, and how we can get rid of them so we may truly sleep soundly.

Thyroid Health

Join us at 11 am for our Lunch & Learn event!

Wednesday, July 22nd, 1 pm

Diagnoses of thyroid conditions are on the rise, along with treatments such as hormone replacements and partial or full thyroid removal. During this pre-recorded lecture, Critical Care Clinician Cynthia Hofmann-Coale will teach just how important the thyroid is, what a malfunctioning thyroid looks like, and how we can help – naturally!

Podcasts

These audio-only lectures may be streamed from our website for your listening pleasure. On the date of the lecture, simply visit our website at welloflifecenter.com, and click on the "Lectures" button under the "Knowledge" tab. You can now listen to these on your smartphones as well! Check our website for further instructions. Miss the podcast? Feel free to call our Client Advocates, who can schedule a time for you to come view the lecture in one of our offices. And don't forget to sign up for podcast reminder emails!

Raw Foods

Thursday, July 2nd

Tune in to this podcast as Critical Care Clinician Cynthia Hofmann-Coale talks about the benefits of raw foods. Whether you are already an expert in eating raw, or you've only just heard about it, watch to learn why we believe it is good for your body, reduce some of the confusion surrounding it, and learn how to do it properly!

Mission: Digestive Health

Monday, July 6th

Improper digestion can affect you in ways you could never imagine, from your immune system, to allergies, to brain health. Listen as Critical Care Clinician Cynthia Hofmann-Coale delivers one of her most favorite lectures, and discover that achieving digestive health is not an impossible mission!

Men's Health

Wednesday, July 15th

All too often, men's health is overlooked or ignored, leading to a lack of knowledge and understanding about the way the male body works and the influences that lifestyle choices can have on it. In this podcast, Dr. Jon Gindhart talks about men's health, its importance, and how to achieve it.

Back to School

Tuesday, July 28th

Listen to Senior Clinician Tiffany Guerreiro as she speaks on the importance of starting and maintaining a good school year for your child. Proper focus, a strong immune system, healthy lunches, quality energy, and stamina are all essential. Come find out how to best implement these things into your children's lifestyle so they can have a strong foundation to start the school year off right.

Cooking Classes ★

Well Farm “In the Raw”

Saturday, July 11th, 10 am

On the menu: Quick and Easy Pickles, Collard Wraps with Coconut Lime Sauce, Raw Rainbow Pad Thai, Strawberry Caprese Salad, Summertime Smoothie

Cost for this class is \$35 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!

Take a look at these NEW cooking class events!

Eating the “Well” Way

Thursday, July 16th, 6 pm

In this class, offered quarterly to new clients and guests, we talk about how what we do is not a diet, it is a lifestyle change. You are able to gain support and hope through the encouragement of long-standing clients as they share their own experiences and struggles, as well as how they overcame them. They also share how these lifestyle changes have affected them spiritually, emotionally, and financially.

To help get you started on making changes in your own life, our cooking department staff discusses how to change your pantry, local food sources, favorite easy recipes, healthy snacks, green smoothie options, broth, and time- and money-saving tips!

Cost for this class is \$35 per person.

Lunch and Learn: Thyroid Health

Wednesday, July 22nd, 11 am

Before you satisfy your thirst for knowledge by viewing the matinee lecture, satisfy your hunger with easy recipes that complement the topic of Thyroid Health. Prepare and enjoy a family-style luncheon that satisfies all your senses beginning at 11 am, then watch the matinee at 1 pm.

Cost for this class is \$35 per person.

Fitness Fact ★

When summertime heats up and humidity rolls in, exercise may be the last thing you want to do. Here are some tips to keep you motivated through the summer months.

Cool off before your workout with a cold shower or a cold, wet cloth against your head or neck. This will help to keep you cool throughout your workout.

Use the heat to enhance your yoga practice. When your body temperature is raised, you can move deeper into poses.

Utilize essential oils. Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples before your workout has a cooling effect and opens up nasal passages.

If you're looking for fun, engaging workouts, check out our schedule of fitness classes at welloflifecenter.com!

Massage Minute: Salt Crystal Lamps ★

What are salt lamps?

Salt crystal lamps are simply large pieces of pure Himalayan Salt with a small bulb inside. They naturally purify the air through ionization, and help mitigate electromagnetic fields, or EMFs.

How do they ionize?

Salt lamps attract moisture and humidity in the air. When heated, as with an incandescent light bulb, that moisture evaporates, releasing negative ions. Negative ions in the air attract particles of pollution, and naturally draw them out of the air and into the ground.

Where should I use/place them?

Salt lamps may be placed next to or near your bed for deeper, more restful sleep. In an office, you may combat EMF pollution by placing one next to your computer. Or, place one or more in your living area as an accent that purifies the air while beautifying the room.

Salt Crystal Lamps are available for purchase at all our Well of Life offices!

