

## Cooking Classes

### Spring Sprang

Saturday, June 8th, 10 am

On the menu: Flaky Pockets of Cheesy Chard with Dill Dip, Asparagus with Mustard Vinaigrette and Toasted Pecans, Spring Vegetable Frittata, Spicy Minced Lamb in Lettuce Bundles, Sweet and Sour Stir Fry, Mixed Berry Quinoa Cake, and Rhubarb Streusel Tart with Brown Sugar Sour Cream Ice Cream

### Chocolate 101

Wednesday, June 12th, 6:30 pm

On the menu: Mayan Chocolate Smoothie, Chocolate Mint Bliss Smoothie, Rich Lavender Chocolate Fudge, Chocolate Raspberry Decadence Cake, and Chocolate Chocolate Chip Hazelnut Cookies

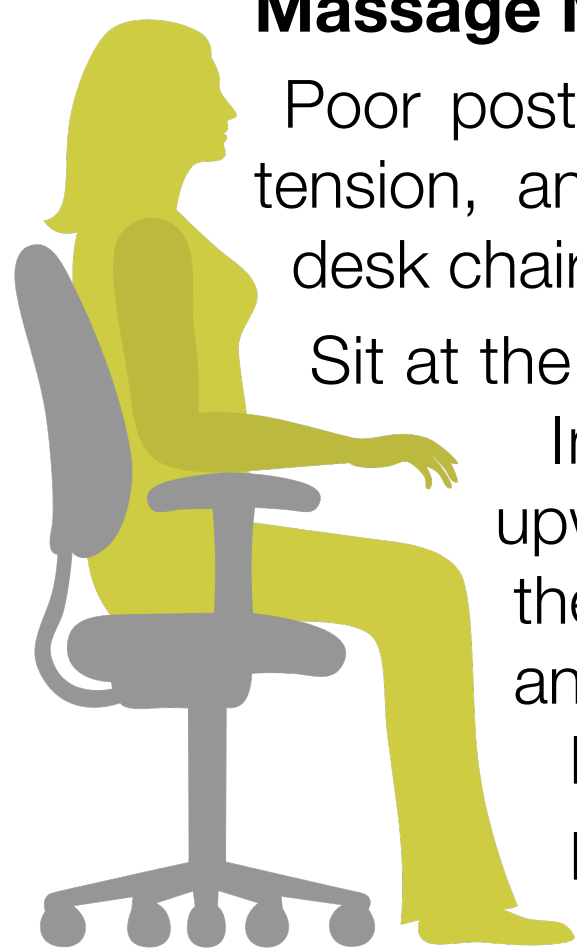
### Outdoor Birthday Parties for Adults

Saturday, June 22nd, 10 am

On the menu: Spanish Style BBQ Chicken Kabobs, Refreshing Cucumber Lemonade, Mediterranean Tomato Stacks, Romaine & Gorgonzola Salad with Roasted Garlic Dressing, Crisp Green Bean Salad, and Lemon Blueberry Cake

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

### Massage Minute: Check Your Posture!



Poor posture reduces lung capacity, adds stress to the spine, accumulates muscular tension, and leads to a higher susceptibility to injury. So, the next time you're sitting at a desk chair for a while, why not try this posture-correcting exercise:

Sit at the edge of your chair with both feet flat on the ground, shoulder-width apart.

Imagine a string running from the ceiling to the top of your head, pulling it upwards, elongating your spine. Now tuck your chin in, as if trying to touch it to the back of your head through your skull. Take a deep breath in, filling the belly, and bring your shoulder blades together, as if squeezing a pencil between them.

Hold this position for 15 to 20 seconds, and slowly breathe out and relax.

Repeat this exercise whenever it feels like poor posture is creeping in. It's as easy as that!

### Fitness Facts: The Benefits of a Personal Trainer

Working out on your own is a great place to start, but nothing will help you as much as a Personal Trainer, for many reasons...

**Encouragement.** Your Personal Trainer will push you further than you thought you could go, without over-doing it. When you feel like giving up or stopping, your Personal Trainer will be right beside you, encouraging you to go on. This will lead to faster results and greater strength!

**Personalization.** A Personal Trainer will work with you to develop a personalized program that focuses on your goals and areas of weakness. She will monitor your advancement and adjust your workouts according to the specific needs of your body. This type of program is the most effective way to meet your goals.

**Guidance.** Your Personal Trainer will watch your every move, giving you instruction on your form and how to complete an exercise in a safe and effective manner. This guidance can prevent injury as well as ensure that the correct muscle groups are being worked in the appropriate way.

For more information on Personal Training at the Well, or to begin a program of your own, call us at 610-847-1941!

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