

Cooking Classes

Cooking For Your Caveman: A Grilling Experience

Saturday, June 14th, 10 am

On the menu: Plantains with Chili, Mushroom Skewers, Grilled Hake with Cilantro Lime, Spicy Stuffed Banana Peppers, and Fruit Ka-Bobs with Decadent Dip

Chocolate 301

Saturday, June 28th, 10 am

On the menu: Chocolate Chili Bars, "Pops" of Chocolate Chia Pudding, Chocolate Frosty, Chocolate Zucchini Bread, and Chocolate Sunflower Seed Butter Cups

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

Cooking Certification Advanced III

Saturday, June 21st, 10 am

Bring your Cooking Certification Program to a close with the final Advanced class! You will build upon the skills you have learned in your previous classes, and create complex, delicious meals that will thrill your friends and family!

Certification class cost is \$50 per person. Call 610-847-1941 to sign up!

Bethlehem's Grand Opening

The opening of the Well of Life Center's Bethlehem office is just around the corner, and we couldn't be more excited! We will open our doors for business on June 2nd, and we hope you will share in our excitement. If you would like to schedule an appointment in our Bethlehem office, you may call 610-419-8881 today to schedule it. If you already have an appointment scheduled for our Bethlehem office, we can't wait to see you there! Our new address is **801 W Broad Street** in **Bethlehem, Pennsylvania**.

Also, keep a look out for the date of our upcoming Open House in Bethlehem!



Learn more about Chiropractic at the Well!

Have you learned about Advanced Biostructural Correction, or ABC? It is the technique our chiropractors use at the Well of Life Center. Would you like more information on it before trying it out for yourself? Or maybe you have questions about how it works. Well, you are in luck! We have DVDs available for you to borrow, which will give you all the information you need!

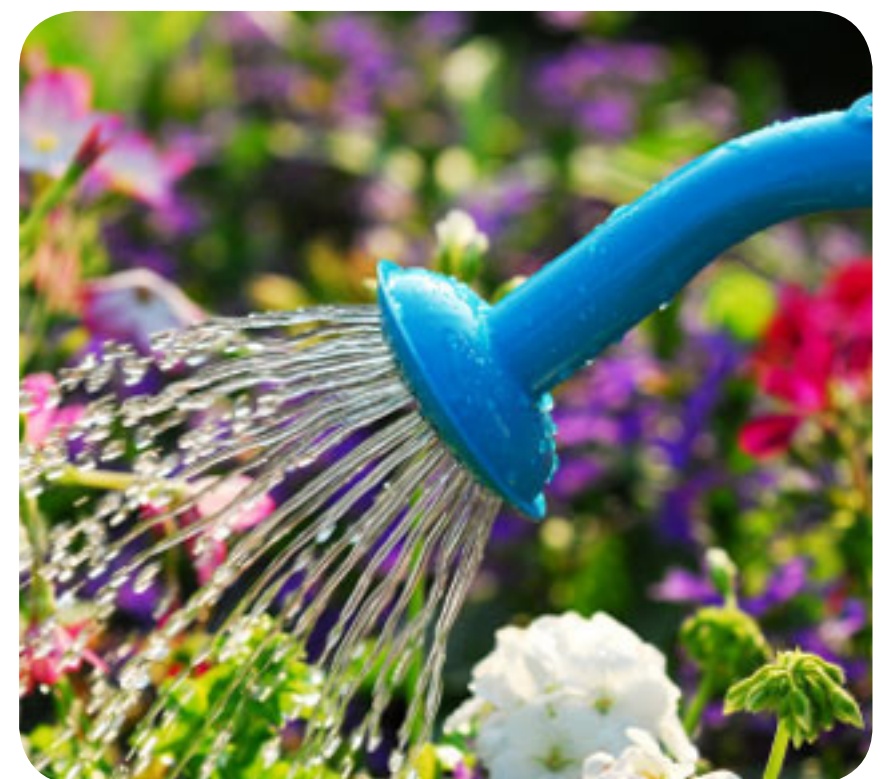
If you have already borrowed a DVD and have not yet returned it, please do so as soon as possible, so it is available for other clients to borrow!

Epsom Salt: Not Just For Baths!

Did you know that Epsom salt may be used to make a natural fertilizer for your houseplants, vegetable gardens, and rose plants? It really works! The reason why is that Epsom salt contains magnesium and sulfate, which are both vital plant nutrients, especially for houseplants, roses, peppers, and tomatoes.

To create your own Epsom Salt Plant Food, simply combine 1 tablespoon Epsom salt with 1 gallon of water. Use the solution to water your plants once per month, in addition to your normal watering.

The best part about this natural and easy fertilizer is that you don't need to worry about it getting on your skin or your children's skin. They can even help you mix it up and feed the plants!



8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | www.welloflifecenter.com

The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930

801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881