



JUNE 2015

In-House Lectures

Eating Right

Wednesday, June 3rd, 7 pm, Doylestown, with Megan Kitchie

Wednesday, June 10, 6 pm, Bethlehem, with Felicia Pasquale | Thursday, June 18, 7 pm, Ottsville, with Deb Belshaw

Eating the right foods can not only make you look better, it can make you healthier while also feeling great! But what are the “right foods” and how much of them should you eat? Should you follow the food pyramid? Count calories? This lecture takes an in-depth look at foods and how we should be eating in order to support our body.

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!

Fibromyalgia

Wednesday, June 10th, 1 pm

Fibromyalgia affects an estimated 5.8 million Americans. But what causes this grouping of symptoms that we call Fibromyalgia? And how can we beat it? For these answers and more, watch this pre-recorded lecture as Associate Clinician Victoria Fisher shares about Fibromyalgia, and learn how the Well of Life Center can help you overcome this seemingly insurmountable diagnosis.

Dangers of EMFs

Wednesday, June 17th, 1 pm

June is EMF Awareness month at the Well, and we are inviting everyone to join us for this special showing of this illuminating lecture. For more information about EMF Awareness month, see reverse side.

Pregnancy: Before, During, & After

Wednesday, June 24th, 1 pm

The years surrounding your pregnancy are some of the most important formative years in the nutritional health of your child, and can wreak havoc on your body if not supported properly. Associate Clinician Victoria Fisher teaches how to prepare your body for pregnancy, care for your body throughout those precious nine months, and support your body as it recovers and as you begin to nurse your child, should you choose to do so.

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!

Mythbusters: The Skinny on Cholesterol

Tuesday, June 2nd

We have been told that high cholesterol is bad, but we have been sadly misinformed on the reasoning behind this. Join Critical Care Clinician Cynthia Hofmann-Coale for this podcast as she discusses the truths and myths about cholesterol, the different types, and what foods we should eat in order to maintain the proper cholesterol balance.

Brain Health: ADD & ADHD

Monday, June 8th

More people than ever are being diagnosed with ADD and ADHD, while the true source of their symptoms is overlooked. Join us as Critical Care Clinician Cynthia Hofmann-Coale teaches about the fascinating truth behind this disorder and how the brain is affected by stresses placed on the body.

Smoking: Quit the Habit

Wednesday, June 17th

Are you or someone you know trying to quit smoking? We all know the terrible health risks associated with smoking, both for the smoker and those around them, but quitting is not easy. Join Chiropractor Dr. Jon Gindhart for this podcast, and learn how the Well can help you kick the habit!

Healthy Skin

Friday, June 26th

The skin is a wonderfully complex organ that performs many functions in the body. It can also suffer from a myriad of symptoms, including eczema, acne, psoriasis, rosacea, hives, rashes, age spots, and more. Join Senior Clinician Tiffany Guerreiro for this podcast to learn what is most beneficial to be putting in and on your body for healthy skin!

Fitness Fact

Zumba takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance party! If you have never experienced our Zumba class, you don’t know what you’re missing. Once the Latin and World rhythms take over, you’ll see why Zumba classes are often called exercise in disguise. This class is perfect for all levels of fitness and experience!

Zumba takes place on Fridays at 11 am at our Ottsville office. To sign up for this or any other fitness class, and to see our class schedule, visit welloflifecenter.com.



Massage Minute: The Power of Acupuncture



Have you ever experienced an acupuncture session? If not, now might be the time to ask your clinician about it. Acupuncture can help with migraines, chronic pain, arthritis, fibromyalgia, injuries, depression, allergies, anxiety, addiction, and so much more!

During an acupuncture treatment, you are able to relax while listening to music. Your practitioner will place single-use stainless steel needles beneath the skin to stimulate certain energy-carrying channels that connect to different parts of your body. This stimulation helps your body to resist or overcome illness and pain by correcting internal imbalances.

For more information about acupuncture, visit our website at welloflifecenter.com.

Cooking Classes

Cooking For Your Caveman: A Grilling Experience

Saturday, June 13th, 10 am

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

We Love Chocolate

Saturday, June 27th, 10 am

On the menu: Chocolate Chili Bars, “Pops” of Chocolate, Chocolate Coconut Pie, Chocolate Frosty, Chocolate Zucchini Bread, Chocolate Sunflower Seed Butter Cups

Cost for this class is \$30 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!

Advanced III Certification Class

Saturday, June 20th, 10 am

Bring your Cooking Certification Program to a close with the Advanced series classes! 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! In this final class, we will discuss Nut Butters and Fermentation.

All certification classes are held in our Ottsville office and cost \$50.

June is EMF Awareness Month at the Well!

We are constantly surrounded by electromagnetic frequencies, whether it is your work environment, a computer, electronics at home, or the most constant influence of all - your cell phone. Research has proven the damaging effects of EMFs on our bodies, and we are seeing it first-hand here at the Well of Life.

We value you and the healing of your body. We want to help you learn more about what EMFs are, where EMFs are affecting your daily life, and how you can protect your home and your loved ones every day. During the month of June, we will be offering you a special take-home rental kit that will educate and empower you on the subject of electromagnetic frequencies, and give you the tools to defend against them! Keep an eye out for an upcoming email with more information!



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

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