

Cooking Class: Raw Foods

Saturday, June 30th, 10 am

You've probably heard of the benefits of eating raw (especially if you attend our Raw Foods lecture on June 21st!), but you may not know where to begin! Well, look no further! Come to our Raw Foods cooking class where our new Well of Life Chef Rein Clabbers will help you make five delicious raw dishes!

On the menu:

Veggetti with Parmesan Tomato Sauce, Zesty Gazpacho Soup, Artichoke Sundried Tomato Romesco, Arugula Caesar Salad, and Italian Water Ice!

Classes are \$25 per person. Call 610-847-1941 to sign up!

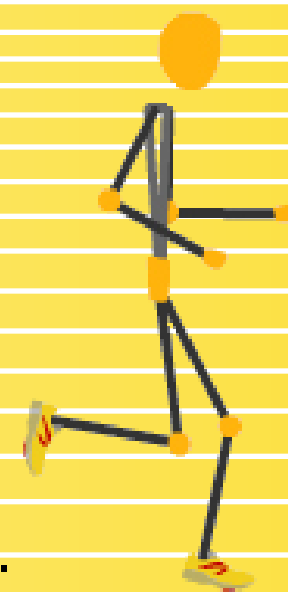


Fitness Fact

Do you want to learn how to run faster, stronger, more efficiently, and with less injury?

Come to our FREE Running Clinic, where we will be joining with coaches from Newton Running® to learn about a technique called Natural Running. Newton's coaches will teach us the proper form to use, as well as the importance of landing on your midfoot, or forefoot. This type of running is the most natural form, as well as the fastest and most efficient!

So join us on **Wednesday, June 13th, at 7 pm** here at the Well of Life Center in Ottsville. Plus, you'll receive a coupon for a FREE fitness evaluation just for showing up!



Massage Minute

Try out June's Special Therapeutic Body Wrap...

Summer Skin Soother



This amazing treatment will offer instant relief from a long day in the sun. Treat the drying effects of the summer heat, enhance cell renewal, restore moisture, and fight free radicals with antioxidant protection.

Therapeutic Body Wraps are available with Adrienne at our Ottsville office; \$140 for one 90 minute body wrap.



How to care for Norwex products

Microfiber products: Launder with other lint-free laundry using Norwex Ultra Power Plus or other natural detergent (must be bleach-free, SLS-free, and fabric softener-free). Or, you may boil cloths for 10 minutes, then allow to cool, rinse, wring out, and hang to air dry, or place in dryer.

Dryer balls: Remove from dryer after use. Do not leave balls inside of the dryer!

