

Cooking Class

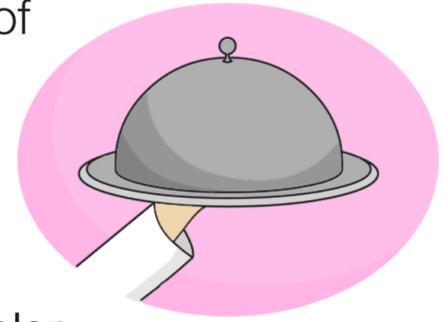
Simple Dinner Ideas

Saturday, March 3rd, 10 am

Finding time to make dinner for your family can often be the greatest challenge of your day. Join us for this cooking class for some simple, healthy, and delicious recipes, each of which take no more than 30 minutes to prepare!

On the menu: Bruschetta Chicken, Spaghetti Squash with Tomato Basil Meat Sauce, Sweet and Spicy Beef Stir Fry, Honey Mustard Chicken with Wilted Spinach, Lemon Rosemary Salmon, Banana Ice Cream, Spiced Blueberry Cobbler, Chocolate-Covered Bananas, Mini Berry Trifles, and Decadent Chocolate Mousse.

Call 610-346-9080 to sign up. \$25 per person.



We Need Your Testimonies!

When you begin a healing program here at the Well, sometimes the best encouragement is to hear the story of someone who has walked the same path you are walking. That is why we are asking our clients to allow us to record their personal testimonies of healing, which will be made available to support others. You have the choice to record a video or simply your voice, with or without a picture; you may even remain anonymous if you choose.

If you would like to help us, and others, in this way, or if you would like more information, call one of our Client Advocates at 610-346-9080 ext. 303.



Massage Minute: What is Shiatsu Massage?

Shiatsu is a type of bodywork that utilizes palm elbow, knee, or foot pressure, as well as stretching, rocking, kneading, and a variety of other techniques to release tension and relieve stress-related ailments, aches, and pains. Shiatsu differs from some other forms of massage in that it requires no oil and no undressing.

Fitness Fact: Stress Less!

Your body responds to stressful situations at work, home, and everywhere as if you have to “fight or flight” for your life. Your body releases this burst of energy called endorphins, which shift your blood flow and metabolism. If there is no release from this state, your body is then at risk for many health issues, one of the risks being weight gain.

Prolonged stress can alter your blood sugar levels, which in turn cause mood swings and fatigue. It can even lead to heart attacks, diabetes, headaches, high blood pressure, other heart problems, skin conditions, asthma, arthritis, depression, and anxiety. Aesthetically, you are affected in where you store fat in your body due to stress. Stress fat tends to be more in the abdominal region, and emotional weight, especially in women, is held in their hips and thighs.

So what can you do? Control the stress in your life! But just as important is to have an outlet to release the stress that you do have, and shed those pounds that you have been wanting to shed! There is no better time to do it than now, so call to schedule a consultation with our Fitness Instructor, Dustin Doran, today!