

Cooking Classes

Easy Dinners

Saturday, March 9th, 10 am

On the menu: White Bean Chicken Chili, Weeknight Stew, Quick Cranberry and Romaine Salad with Creamy Homemade Dressing, Mediterranean Broiled Fish, Easy Veggie Soup, and Sweet Brown Rice Pudding

Healthy Snacks

Wednesday, March 20th, 6:30 pm

On the menu: Choco-Berry Pumpkin Granola Bars, Peanut Butter Oatmeal Bites, Raw Walnut Fudge Brownie, Crispy Choco-Nut Snack Bites, and Nutty Granola Bars

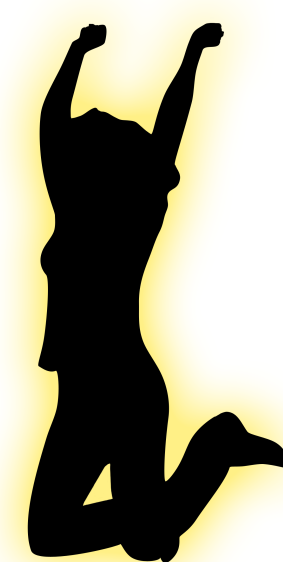
Indoor Adult Birthday Parties

Saturday, March 23rd, 10 am

On the menu: Caramelized Onion & Turkey Bacon Quiche; Cold Meatloaf Special Sammie with Thousand Island Kale Spread; Rustic Bean, Kale, and Chicken Soup; and Chocolate Raspberry Decadence Cake
Cost for each class is \$30 per person. Call 610-847-1941 to sign up!

Fitness Fact

Did you know that exercise actually GIVES you energy? That's right! Just a 30-minute workout in the morning will release enough endorphins to keep you feeling energized the whole day through. Plus, regular exercise will improve your strength and stamina, which makes everyday tasks easier and less draining. If you're ready to boost your energy levels, give us a call at 610-847-1941 and schedule a consultation with Personal Trainer Lisa Hockel!



Massage Minute

Winter is a great time to get a lymphatic massage! The lymphatic system's job is to cleanse every cell of the body, removing toxins from the blood and tissues. A gentle, relaxing lymphatic massage removes any blocks or build ups within the lymphatic system, allowing it to flow freely and smoothly through the entire body. This gives the immune system a huge boost, as pathogens are eliminated before they get the chance to affect the body. To schedule a lymphatic massage for yourself, call 610-847-1941 today!

Check Out Our Newest Product: On Guard Cleaner Concentrate

This household cleanser is a natural and safe way to clean your living space! It is formulated with wild orange, clove bud, cinnamon, eucalyptus, and rosemary essential oils to defend against surface-borne contaminants and microbes. It is non-toxic and leaves behind nothing but a clean and invigorating scent!

On Guard Cleaner Concentrate is available for purchase at our Front Desk.



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