

## Cooking Classes

### Pot Luck of the Irish

Saturday, March 8th, 10 am

On the menu: Patty's Chicken Soup, Irish Soda Bread, Green Goddess Greens, Paleo's Shepherd Pie, Hash of Bubble & Squeak, Corn Beef Bonus, and Gooney Dessert

### Chocolate 201

Saturday, March 22nd, 10 am

On the menu: Smoky Chocolate Crackers; Chicken and Mole, A Love Story; Chocolate Raspberry Mousse; Extra Special Oatmeal Cookies; Mini Chocolate and Yogurt Parfaits; and Homemade Hot Chocolate

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

### Cooking Certification Intermediate III

Saturday, March 15th, 10 am

Continue on the journey of healthy meal preparation and cooking as we build upon the skills you have learned in your previous classes, and add more complex cooking techniques to your repertoire!

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

## Massage Minute

Did you know that cupping therapy not only aids in your body's detoxification process, it also busts cellulite? It's true!

Cellulite is caused by fat deposits that push against and distort the connective tissues beneath the skin. The suction created by cupping loosens that connective tissue, stimulating circulation and drawing out the fluids and toxins that create inflammation. It reduces the 'orange peel' appearance of the skin, making it smoother and healthier.

If you'd like to try out cupping therapy and get a jump start on swimsuit season, call 610-847-1941 today!



## Fitness Fact

Now that we are well in to the New Year, it's time to take a look at those resolutions we've made. Are you sticking to them? Whether or not you made a fitness resolution, we invite you to join us for our fun new fitness class:

### 25 Minute Fusion Workout Class

*10 minutes of high-intensity cardio*

*10 minutes of cellulite-burning, muscle-sculpting exercise*

*5 minutes of rejuvenating stretching*

Tuesdays and Thursdays, 1-1:25 pm

\$15 per class

Don't miss out, this class is running only from March 4th to April 29th.  
Let's start working on that toned, sleek physique together! Hope to see you there!

## Natural Cleaning

Spring is just around the corner, and with it comes sunshine, flowers, warm days...and spring cleaning! Luckily, the Well of Life Center is here to help you make your home fresh, germ-free, and sparkling clean!

Norwex products are natural and effective. The popular Norwex Microfiber cloths may be used on almost every surface of your home. Using just water, the cloths will pick up dirt, grease, and grime, leaving your home clean, polished, and streak-free!

dōTERRA's On Guard formulation combines wild orange essential oil, clove, cinnamon, eucalyptus, and rosemary to offer a fragrant, natural, and effective way to rid your home of germs and pathogens. Not only can it cleanse surfaces, it may also be diffused to purify the air itself! On Guard is available as an essential oil blend as well as a cleaner concentrate for a wide variety of uses.

These products and more are available to be purchased or ordered from our front desks. For more information on Norwex and dōTERRA, speak to your clinician or client advocate!



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