

Fitness Fact

The Well of Life Center is offering a schedule of all new fitness classes, along with some old favorites! Check out our new schedule below, then visit our website at welloflifecenter.com for class descriptions and pricing!

m	t	w	th	f	s
7:30 - 8 am Beyond Barre II-III	8:30 - 9:30 am Owner's Choice II-III	7:30 - 8 am Beyond Barre II-III	7:30 - 8 am Well Yoga II-III	9 - 10 am Owner's Choice all levels	
10 - 11 am WellBarre all levels	10 - 11 am WellBarre all levels	11 am - 12 pm WellBarre all levels	9 - 10 am Owner's Choice all levels	11 am - 12 pm WellBarre all levels	9 - 10 am PiYo all levels
12:30 - 1 pm Love Your Lymph all levels	1 - 2 pm Burst & Barre all levels	12:30 - 1 pm Love Your Lymph all levels	10:30 - 11:30 am WellBarre all levels	12:30 - 1 pm Love Your Lymph all levels	
5 - 6 pm Sculpt all levels		4 - 5 pm Restorative Yoga all levels	1 - 2 pm Burst & Barre all levels		
6 - 7 pm PiYo all levels		5 - 6 pm Sculpt all levels			
		6 - 7 pm PiYo all levels			

Level I - Beginner
 Level II - Intermediate
 Level III - Advanced

Cooking Classes

Bugging Out: Parasite Diet-Friendly Recipes

Saturday, March 7th, 10 am

On the menu: Parasite Porridge; Egg and Veggie Scramble; Savory Vegetable Loaf; Sausage, Kale, and Spaghetti Squash Boats; Cinnamon Apple Chips; Apple Cider Vinegar Tea

Bread & Butter

Saturday, March 28th, 10 am

On the menu: Quick English Muffins with Homemade Nut Butter, Grain-Free Sandwich Bread with Lemon Tarragon Butter, Soft Pretzels with "Not-Ella", Raisin Bread with Pumpkin Spread

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

Intermediate III Cooking Certification Class

Saturday, March 21st, 10 am

Continue on the journey of healthy meal preparation and cooking as we build upon the skills you have learned in the Beginner Series, and add more complex cooking techniques to your repertoire! In this class, we will discuss Condiments, Sauces, and Gravy!

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

The Vision Behind The Well

Saturday, March 14th, 10 am

The Vision Behind the Well is an opportunity to hear of the inspirational way God used Cynthia Hofmann-Coale's struggle through the diagnosis of cancer and the ensuing fight for her life to establish the Well of Life Center for Natural Health. Bring your friends and family for an event that will leave you encouraged, inspired, and with a renewed sense of hope! Lunch will be served at this event, and admission is free. RSVP for this event by March 1st; if you are unable to attend, be sure to mark your calendar for the next event, taking place on September 26th.

8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | www.welloflifecenter.com

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

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