

## Cooking Class **ASIAN CUISINE**

Saturday, May 21st, 10 am

Don't miss this Asian-inspired cooking class, which will combine the tastes of East Asian cuisine, including Chinese, Japanese, and Korean. Come learn how to make a delicious, healthy alternative to your favorite take-out!



\$25 per person

### **Fitness Fact**

Exercise is about more than just weight loss! Studies have shown that physical activity can help to reduce the symptoms of heart disease, fibromyalgia, arthritis, mental illness, and depression, and can help prevent cancer, osteoporosis, diabetes, and more. Our personal training sessions meet you at your level and are designed to increase your strength and stamina, and boost your cardiovascular fitness. Call to set up your consultation today!

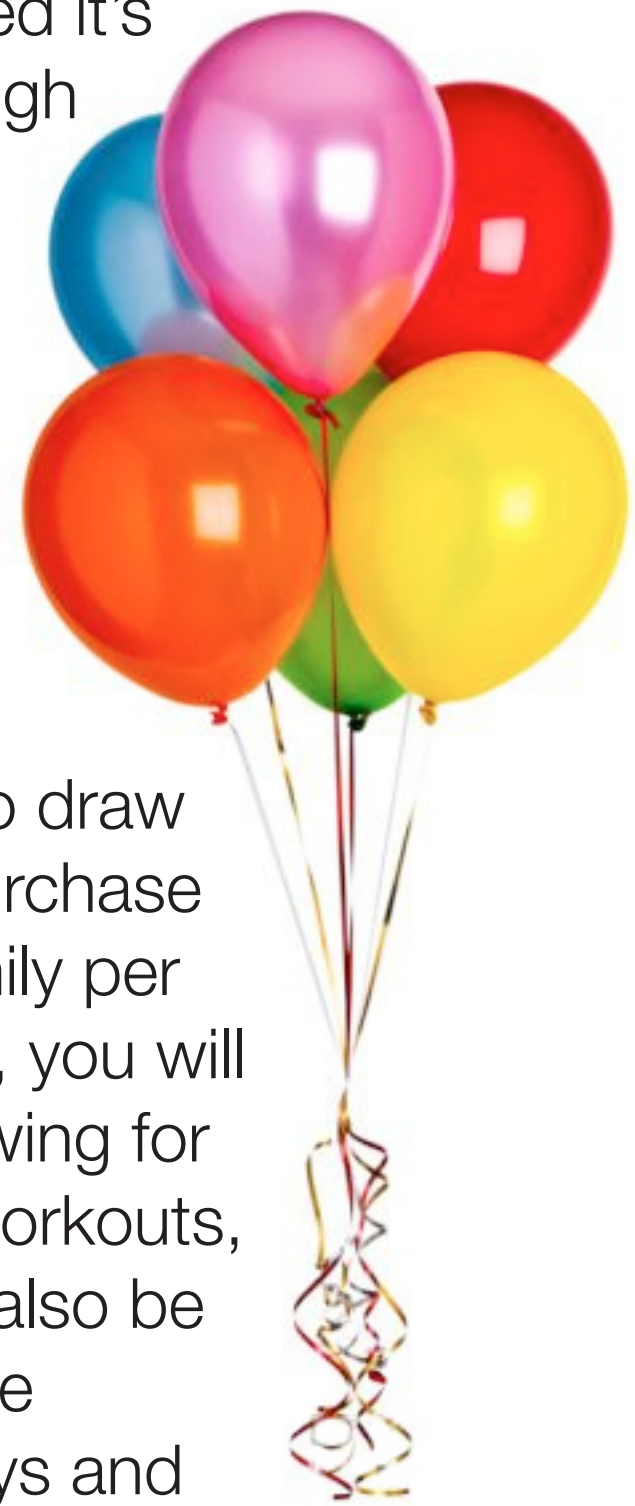
### **Massage Minute**

Did you know that touch stimulates the release of endorphins in the body?

Endorphins are the body's natural pain killers, and are responsible for feelings of well-being. This is why a mother's hug for a child's skinned knee can literally make it better. In the same way, massage can reduce the pain associated with fibromyalgia, chronic migraines, injuries and surgeries, general aches and pain, and much more! Call today to schedule your massage or lymphatic treatment!

## **Happy Birthday, Well of Life Center!**

5 years ago, the Well of Life Center opened its doors to its first clients. Since then, through hard work, God's provision, and your support, the Well has helped over 2,000 people achieve a greater level of health. We'd like to take this month to celebrate and thank you, our clients, for your dedication and support!



When you come in to the Well during the month of May, you will have the chance to draw a discount coupon good towards your purchase here at the Well (limit one coupon per family per month). Every time you come to the Well, you will have a chance to put your name in a drawing for Well of Life prizes, including massages, workouts, and even a package of 12 visits! We will also be offering free chair massages with massage therapist Adrienne McKimmey on Mondays and every other Saturday, and tasty treats throughout the week!

## **Ask the Clinician**

### **What are some good springtime seasonal fruits and vegetables?**

You will often hear us recommending that you should eat your fruits and vegetables in season. This ensures that your body receives all of the nutrients it needs to function properly throughout the season.

Spring and summer offer a variety of great fruits and vegetables to choose from. Spring and summer fruits include apricots, berries, cherries, mangos, nectarines, peaches, plums, and melons. Vegetables include artichokes, asparagus, basil, cucumbers, green beans, lettuce, peas, peppers, rhubarb, tomatoes, and zucchini.

## **Check out our new blog!**

The Well of Life Center now has a blog, Pursuit of Health. This is a great place for you to get tips, recipes, notes on wellness, and thoughts from our clinicians, right at your fingertips! Visit us at [wolc.blogspot.com](http://wolc.blogspot.com)!