

Cooking Class

Due to our upcoming move, we will not be holding a cooking class in May. Cooking classes will resume in June with a raw foods cooking class.

In the meantime, we are very excited to announce the upcoming release of our fourth Well of Life Cookbook, entitled Cooking Classes, Volume 1. This great cookbook will be packed with recipes from 9 different cooking classes we have held over the past two years, including Apples Galore, Spectacular Squash, Summer Soups and Salads, Taste of Fall, Crazy for Coconut, Summer Cookouts 1, Summer Cookouts 2, Summer Cookouts 3, and Vital Veggies!

You can expect to see this new cookbook for sale in the beginning of June!



Grand Opening

Everyone here at the Springtown Well of Life is gearing up for our big move to Ottsville! We are excited to open our doors for business on May 1st, and we hope you will share in our excitement. If you have an appointment already scheduled for May in Ottsville, make sure you know the way to our new office! It is located at the intersection of Routes 611 & 412, and is very close to Route 563.

To get to our new location from our current Springtown location, follow these directions:

- Turn left off of Center Street onto Route 212 E. Follow 212 E for 2 miles.
- Bear right onto 412 S and follow it into Ottsville, approximately 7 miles.
- Bear right onto 611 S; the Well of Life Center will be on your right.
- Turn right into the Turkey Hill parking lot, turn right again, and continue past the car wash into the Well of Life parking lot.

**Join us for our
Open House!**
Saturday, June 2nd
1 - 4 pm
There will be fun,
food, and prizes for
everyone!

Protect Your Skin...The Healthy Way!

The steamy days of summer are quickly approaching! Here's some tips to keep your skin healthy and glowing!

Cataplex F and Calcium Lactate

These two pieces of nutrition work together to hydrate your skin and help you avoid sunburn. Just take three of each before you hit the beach, and three more when you return home.

Olive Oil or Coconut Oil

These two oils are excellent, natural choices for those of you with medium to dark skin, or if you already have a base tan. They keep your skin hydrated while also working as an antioxidant to repair damaged skin cells.

Tate's Natural Sunscreen

Available here at the Well, this sunscreen offers protection for all skin types against sunburn, while allowing the body to build a safe, natural tan.