

## Cooking Classes

### Spring Desserts      Saturday, May 11th, 10 am

On the menu: Scrumptious Strawberry Shortcake with Fresh Whipped Cream, Creamy Caramel Flan, Peach Melba with Homemade Vanilla Ice Cream and Raspberry Coulis, and Wafer Wonderland Ice Box Cake

### Easy Dinners      Wednesday, May 15th, 6:30 pm

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

*Cost for each class is \$30 per person. Call 610-847-1941 to sign up! Also, keep your eyes open in the next few months for some upcoming cooking classes on how to feed your infant and child!*

## Check It Out: The Ottsville Farmers' Market

The Well of Life Center is happy to sponsor the 2013 Ottsville Farmers' Market, and beginning Friday, April 26th, the market will be open for business! Featuring stands from local farms and businesses, the Farmers' Market is a great place to find organic produce, jams and jellies, flowers, honey, and crafts made by local artisans. The Farmers' Market is located just down the road from the Ottsville Well of Life Center, in front of the barn at Linden Hill Gardens (8230 Easton Road, Ottsville, PA 18942), and is held every Friday, from 4 to 8 in the evening. Be sure to stop by and check out all of the local wares, as well as the Well of Life table!



## Massage Minute

Summer, and all of the fun outdoor activities it brings, is just around the corner – are you ready for it? If you're suffering from aches and pains that are holding you back from certain physical activities, massage therapy may be able to help you out! Massage can offer pain relief, increased mobility and flexibility, and relaxation – both mental and muscular. Speak to your clinician today about scheduling a massage!



## Fitness Fact

Do you want to begin exercising, but don't know where to start? Why not try just 20 minutes per day of your favorite activity? It can be walking, jogging, dancing, biking, or anything else that gets your heart pumping. It can even be playing in the backyard with your kids, taking a hike with your family, walking the dog, or meeting up in the park with your best friend. Just 20 minutes a day will oxygenate your blood, feed your muscles, improve your mood, and energize your entire body!

If you're looking for more specific guidance, schedule a consultation with Personal Trainer Lisa Hockel at the Well of Life in Ottsville!