

## Cooking Classes

### Farm Market Finds Makes a Happy Mom

Saturday, May 10th, 10 am

On the menu: Spring Onion Pie, Strawberry Caprese Salad, Spring Salmon and Vegetable Salad, Goat Cheese and Strawberry Grilled Cheese, Chicken Risotto with Spring Vegetables, and Strawberry Rhubarb Hand Pies

### Dessert Us, Please

Saturday, May 24th, 10 am

On the menu: Coconut Cream Pie, Honey Yogurt Gelato with Roasted Strawberry Sauce, Magic Mulberry Balls, 'Nilla Puddin', and Bars of Carrot Cake

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

### Cooking Certification Advanced II

Saturday, May 17th, 10 am

Bring your Cooking Certification Program to a close with the Advanced series classes! You will build upon the skills you have learned in your previous classes, and create complex, delicious meals that will thrill your friends and family!

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

## Fitness Fact

Join us for our new fitness class!

### Lean and Lengthen Stretch Class

Fridays, 12 pm - 12:55 pm

This class releases stress and toxins through deep muscle stretches while creating long, lean muscles and building strength throughout your body. Classes begin May 2nd and cost \$15 per person.



## Massage Minute: Benefits of CranioSacral Therapy

CranioSacral therapy is a wonderful therapy for achieving...

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Reduced fatigue

CranioSacral therapy can also help specifically address a number of health issues, such as...

- Migraines and cluster headaches
- Chronic pain
- TMJ symptoms
- Torticollis in newborns
- Babies with digestive and sleep problems
- Healing of concussions

## Have you heard? The Well is growing!

The Well of Life Center's third office will be located on **801 W Broad Street in Bethlehem, PA**, and will open **June 2nd, 2014!** This facility will have nutrition, chiropractic, NET, acupuncture, massage, and CranioSacral therapy available to you. We are currently accepting new client appointments for this new office; if you are an existing client and are interested in scheduling an appointment in our Bethlehem office, you will be able to do so through our Ottsville location beginning May 1st.

