

MAY 2015



In-House Lectures

Parasites: The Monsters Inside

Thursday, May 7th, Doylestown, with Tiffany Guerreiro

Monday, May 11, 6 pm, Ottsville, with Cynthia Hofmann-Coale | Wednesday, May 20, 6 pm, Bethlehem, with Victoria Fisher

Join us for our most popular lecture, and learn everything you ever wanted to know about parasites, including where they come from, how they can mask themselves, and what they can do to our bodies.

The Importance of Posture

Monday, May 18th, 7 pm, Doylestown

We've all been told to, "stand up straight," but did you know that improper posture can have far-reaching effects on our health? Your posture affects your circulation, breathing, ease of movement, and so much more, so don't miss this lecture with Chiropractor Dr. Jon Gindhart!

Matinee Lectures

*We offer Matinee Lectures on the second and fourth Wednesday of every month at **all of our office locations**. We encourage you to join us for these pre-recorded lectures shown on the big screen, followed by a question and answer time; you'll get a 5% off coupon just for watching!*

Neurological Diseases

Wednesday, May 13th, 1 pm

Parkinson's Disease, Multiple Sclerosis, and ALS are all common terms in today's society, but how many of us know the background of these neurological diseases? In this pre-recorded lecture, Dr. Jon Gindhart teaches us about what these diseases have in common neurologically, and how the Well can help anyone suffering from any kind of neurological disease process.

Women's Health

Wednesday, May 27th, 1 pm

The day in and day out stresses women face are affecting their bodies in ways never seen before. Join Associate Clinician Felicia Pasquale for this pre-recorded lecture as she teaches about the role the female endocrine system plays in the health of women's bodies, and how to bring the body to a greater level of health.

Podcasts

These audio-only lectures may be streamed from our website for your listening pleasure. On the date of the lecture, simply visit our website at welloflifecenter.com, and click on the "Lectures" button under the "Knowledge" tab. You can now listen to these on your smartphones as well! Check our website for further instructions. Miss the podcast? Feel free to call our Client Advocates, who can schedule a time for you to come view the lecture in one of our offices. And don't forget to sign up for podcast reminder emails!

Vaccinations & Immunizations

Monday, May 4th

There is so much misinformation surrounding vaccinations that many parents do not even question whether or not they should vaccinate their children. Join us for this podcast as Associate Clinician Victoria Fisher speaks on exactly what goes into making a vaccination or immunization, and equip yourself with knowledge so you can make an informed decision.

Flus & Colds

Tuesday, May 12th

Colds and flus can strike any time; we need to learn how to combat it the natural way. This podcast, with Associate Clinician Felicia Pasquale, will teach you how to build up your immune system, as well as what to do if you find yourself or your loved ones suffering from flu and cold symptoms.

How to Vacation the Well of Life Way

Friday, May 22nd

If you're wondering how to vacation in a way that won't undo all the hard work you've done to get your body healing properly, join Associate Clinician Victoria Fisher for this podcast! Here, you will learn what to take with you and how to stay on track while still enjoying yourself on vacation!

What to Feed My Baby After Breastmilk

Thursday, May 28th

What do you do when your baby is ready for solid foods? When can you begin introducing new foods? Which foods do you begin with? What should an infant's diet look like? These questions and more will be answered when Senior Clinician Tiffany Guerreiro lectures on the best way to feed your child.

Cooking Classes

When you take a Well of Life cooking class, you will learn that eating healthfully is delicious. We teach a “real food” diet, and you will prepare recipes your body will appreciate. Real food is considered something that has life and is not able to sit in your pantry or even refrigerator for an unspecified amount of time; it is life-giving. During the class, you will learn the importance of nutrition as well as time-saving tips and techniques, and participate in conversations about local sources for organic produce and local farmers. At the end of the class, we’ll sit down, family style, to enjoy our creations. Over the meal, participants typically share their experience, successes, and struggles with eating real food in a predominantly processed food world, and may even de-bunk some “health food” myths. You will leave class with an appreciation for real food and strength in knowing you are treating your body WELL.

Appetizing & Sweet Mother’s Day

Saturday, May 9th, 10 am

On the menu: Minty Ground Lamb and Pine Nut Wraps; Balsamic Pesto, Peach, and Goat Cheese Flatbread; Chicken Salad with Basil and Apricot; Strawberry Shortcake Cupcakes; Rhubarb and Berry Bars

Asian-Inspired in 5 Ingredients

Saturday, May 23rd, 10 am

On the menu: Coconut Curry Chicken, Ginger-Mint Sweets, Some Yum Whitefish, Fried “Rice” Cauliflower, Chai Spice Pudding, Coconut Macaroons

Cost for each class is \$30 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!

Bone Broth Cooking Class

Wednesday, May 20th, 5:30 pm

Come hear Cynthia Hofmann-Coale as she talks about bone broth and the importance of it for your body. Bone broths are extraordinarily rich in nutrients – particularly minerals and amino acids. Bone broths are also rich in gelatin, which supports skin and digestive health. Not only will she discuss the benefits of broth, you will be able to experience making different types of broth first hand - and taste them as well! We’ll share uses, cost savings tips, and proper storage and preservation, as well as beneficial ingredients to include. After you hear all the goodness of broth, you will be excited to get home to start up the crock pot, guaranteed.



This class includes dinner and a take-home container of stock; class cost is \$50.

Massage Minute

Have you ever experienced the ultimate relaxation of a warm stone massage? This modality is a Swedish massage that is enhanced by warm stone therapy. The smooth stones glide over the skin, warming muscles and inducing a unique, comforting form of relaxation.

Also available is a Himalayan salt stone massage, in which the heat of the salt melts away restrictive fascia to go deeper into the muscles and loosen the joints. The moist heat of the stones assists with soothing inflamed muscles and joints, detoxifying the body and leaving the skin feeling refreshed and glowing.

Optional add-on treatments to either of these massages include an Essential Oil Foot Treatment, a Peppermint Scalp Massage, and a Cold Stone Facial Massage.

For more information about these massage modalities, visit our Massage Therapy page online.

Fitness Fact

Did you know you can sign up for fitness classes online? Our new online sign-up tool makes signing up for fitness classes a breeze! Simply go to our homepage, welloflifecenter.com, and click on the button that says, “Sign up for Fitness Classes.” You will be taken to a page that will allow you to sign up for any class; you may also purchase fitness services or packages from this page by selecting the “Online Store” tab.

To make this process even more convenient, you can download the sign-up app from the Fitness Classes page of our website, and schedule any class right from your phone!

We offer **13 different fitness classes** at the Well of Life Center in Ottsville, each one as fun and engaging as the next. No matter your age, ability, or fitness level, you are sure to find a class to match your needs and desires, so go to our website now and sign up! Or, if you are still unsure which class is right for you, ask your Clinician to recommend one for you!

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