

## Cooking Classes

### Beginner II Cooking Certification Class

**Saturday, November 15th, 10 am**

Join us for the continuation of our Certification classes, which will build on the techniques we covered in the Beginner I class, including proper food handling, reading recipes, knife skills, and using a food processor and Vita-Mix. You must attend this class if you would like to continue on to any advanced certification classes!

*All Certification classes are held in our Ottsville office and cost \$50.*

### Autumn Abundance

**Saturday, November 22nd, 10 am**

On the menu: Orchard Salad with Sweet Curry Dressing, All Vegetable Stuffing, Gratin of Fennel, Venison Chops, and Cranberry Chutney

*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!*

### Massage Minute

If you have never experienced a therapeutic massage at the Well of Life Center, now is a great time to try it out! With cold and flu season upon us and the holidays just around the corner, you need to prepare your body. A deep tissue massage can improve circulation and blood flow, as well as assist in the elimination of waste products, which leads to a happy, well-balanced body that can handle the stresses placed on it and in it.

Massage is offered at all of our office locations; to schedule a massage session, call the office of your choice!



### Fitness Fact

Do you want the expertise of a Personal Trainer, but can't make it in to the office for regular appointments? Or, do you prefer to workout in the privacy of your own home? If so, our Fitness Program Writing service would be perfect for you! After an Initial Fitness Consultation & Evaluation, our Personal Trainer will design a fitness program that is tailored to your needs, interests, strengths, limitations, and goals. This is your own, targeted workout plan leading to better health with your in-home personal trainer.



To schedule your Initial Consultation & Evaluation and get started on your own program, call 610-847-1941 today!

### The Vision Behind the Well

**Saturday, March 14th**

Mark your calendars now for The Vision Behind the Well! This event is an opportunity to hear of the inspirational way God used Cynthia Hofmann-Coale's struggle through the diagnosis of cancer and the ensuing fight for her life to establish the Well of Life Center for Natural Health. It is an afternoon that will leave you encouraged, inspired, and with a renewed sense of hope.

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