

Cooking Classes

Monday, November 1st, 6:30 pm

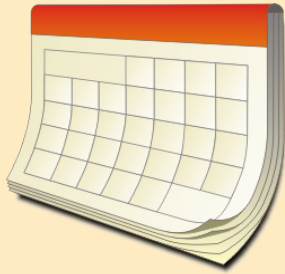
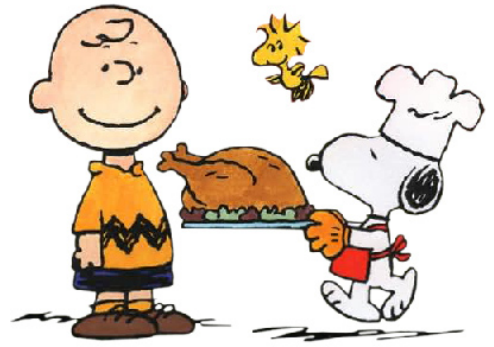
A Taste of Fall – Join us as we learn how to prepare some delicious, hearty autumn dishes.

Wednesday, November 10th, 10 am, & Saturday, November 20th, 10 am

Thanksgiving Feast – Come prepare some scrumptious, healthy recipes that you can take home to share with your family on Turkey Day!

Monday, November 22nd, 6:30 pm

Thanksgiving Extras – Are you looking for some creative dishes to serve along with your turkey on Thanksgiving? Join us for this cooking class, where you will learn new, creative recipes that are sure to put a smile on the faces of your family.



Saturdays at the Well are Changing!

If you have not yet noticed, the Well is now open every Saturday morning. Clinicians Tony and Victoria are available for appointments on Saturday mornings, from 8 am to 12 pm.

Starting on Saturday, November 6th, we will also be offering a new exercise class, Well Motion. This class is a great opportunity for people of every fitness level to get moving! This one hour class will be held every Saturday morning at 8:30 am.

Also starting in November, our Fitness Instructor Drew McNerney will be available for personal training appointments. To schedule an initial fitness consultation or a personal training appointment, please call Drew at 610-346-9080 ext. 610.

Well Yoga is Moving!

Don't worry, it's not going far. Starting Wednesday, November 3rd, our Well Yoga class will be held from 9-10 am. We hope that the later hour will allow you to get the kids off to school before joining us for an hour of stretching, gentle movement, and rejuvenation. With this change in time, we will also be available for a nutritional appointment either before or after the class, so schedule your appointment today!



Massage Minute

Massage has been known to lower stress levels in the body. This can benefit you in many ways, including lowering your levels of pain, lessening feelings of depression and anxiety, increasing your energy, and enabling you to fall asleep easily. To schedule a massage for yourself, please call our Massage Department at 610-346-9080 ext. 305.

Fitness Fact

Bodies are creatures of habit. The more you exercise, the more your body learns to burn fat rather than store it. To schedule a personal training session with Drew, please call 610-346-9080 ext. 610.

Ask the Clinician

What does it mean to be blocked or switched?

“Open” or “Blocked” refers to the Autonomic Nervous System Regulation. If the body has Open Regulation, it means that it is fully transitioning between its Parasympathetic Mode (or the healing mode) and its Sympathetic Mode (or the “go” mode). If the body has Blocked Regulation, it means that the body is not making that transition properly and is not able to heal optimally. A person who has Blocked Regulation may have difficulty falling asleep and staying asleep, or waking up, ready to face the day.

If the body is Switched, it means that the right side of the brain is controlling the right side of the body, and the left side of the brain is controlling the left side of the body. This is the opposite of how the body is supposed to be functioning. When the body is Switched, the neuro-transmitted messages the brain is sending to organs, systems, and functions are getting crossed and reversed, which can impede the healing process. A person who is Switched may have difficulty concentrating for a long period of time, feel scatterbrained or forgetful, or feel “brain fog”.

Why does one get leg cramps at night and how can you prevent them?

Many factors can cause leg cramps, but there are two that are very common.

The most common source of leg cramps is dehydration. Not drinking enough water or, conversely, drinking too much water can put the body into a state of dehydration, which will often result in painful leg, foot, or toe cramps at night. Make sure you are drinking half of your body weight in ounces of water every day. You may also include a pinch of sea salt in a glass of water to help balance the minerals in your body. Parasites are another common source of leg cramps. Again, the proper amount of water can help to prevent your legs from cramping, as can an Epsom Salt Bath and Apple Cider Vinegar tea. As always, be sure to let your clinician know when you are experiencing these symptoms.