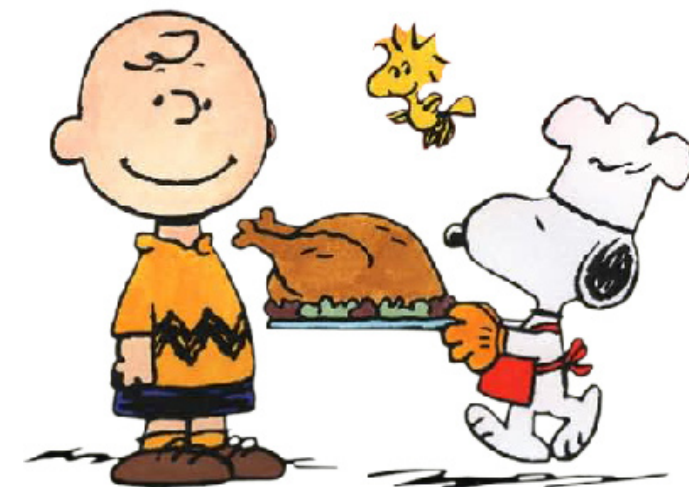


Cooking Class Thanksgiving Feast

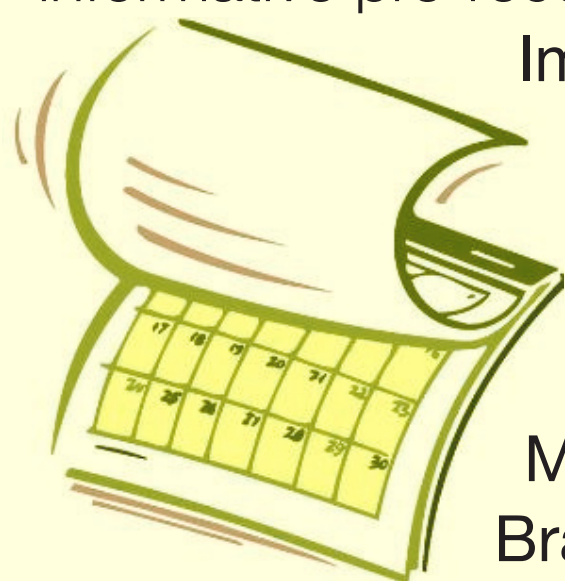
Saturday, November 12th, 10 am

Come learn how to prepare delicious, Well of Life Approved dishes that are sure to fill the bellies of your loved ones and put smiles on their faces. On the menu: Sweet Potato Soup; Rosemary Roasted Turkey; Herb Stuffing; Beet, Fennel, & Mandarin Orange Salad; Spicy Parmesan Green Beans and Kale. For dessert: Spiced Apple Walnut Cake with Cream Cheese Icing. You don't want to miss this delicious feast! Call 610-346-9080 to sign up today! \$25 per person.



Mark Your Calendar!

For the month of December, instead of having live lectures, we will be showing our most popular and informative pre-recorded lectures once per week on the Big Screen!



Immunizations & Vaccinations	Thursday, December 1st, 10 am
Christmas Cooking Class	Saturday, December 3rd, 10 am
Well Watchers	Wednesday, December 7th, 6:30 pm
Cancer: What Is It Really?	Thursday, December 8th, 5 pm
Mythbusters: The Skinny on Cholesterol	Tuesday, December 13th, 6 pm
Mold: There's A Fungus Among Us	Tuesday, December 20th, 5 pm
Brain Health: ADD & ADHD	Wednesday, December 28th, 2 pm

Massage Minute

The Well of Life Center is so pleased to now be offering Swedish massages with Emily! A Swedish massage is gentle, relaxing, and therapeutic, especially for stress relief and anxiety. As we head into the busy holiday season, make sure you schedule yourself an appointment for a Swedish massage with Emily! Call our Front Desk at 610-346-9080 for more information or to book an appointment! \$40 for a half-hour massage, \$70 for one hour.



Fitness Fact

Getting into an exercise routine is easier than ever with all of the options available at the Well of Life! You can schedule a one hour or half hour personal training session, or we can write a personalized workout schedule for you to do in the comfort and privacy of your own home! Check out our website for more information, or call 610-346-9080 to schedule an appointment with our fitness instructor.

How to Have a Healthy Holiday

The upcoming holidays are full of special events, tempting foods, busy days, and late nights. Follow these tips to stay healthy this holiday season:

Choose healthy foods! Check out our Cooking For The Holidays cookbook or come to our holiday cooking classes for some great, tasty recipes that won't break your diet!

Wash your hands regularly. Clean hands are one of the simplest ways to stay healthy and prevent the spread of germs.

Visit your clinician. Don't wait until you can no longer function -- as soon as you begin feeling under the weather, call or schedule an appointment with your clinician!