

## Cooking Classes

### Wild Game

Saturday, November 3rd, 10 am & Wednesday, November 7th, 6:30 pm

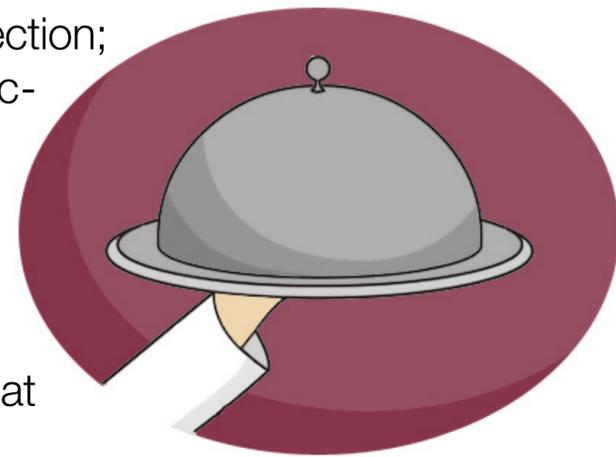
**On the menu:** Venison marinated in seasonal fruits and wine, and grilled to perfection; served with Apple Compote. Duck, served with Cherry Port Sauce and Garlic-Infused Watercress. Roasted Pheasant, served with Wild Rice, Garlic Cranberry Sauce, and cooked Dandelion Greens.

### Apples Galore

Saturday, November 17th, 10 am & Wednesday, November 28th, 6:30 pm

**On the menu:** Curried Apple Carrot Soup, Cinnamon-Apple Chicken, Apple Goat Cheese Salad, Banana Apple Cranberry Muffins, and Apple Cobbler.

Seating is limited for these classes, so sign up today! Call 610-847-1941 to sign up; \$25 per person per class.



## Introducing...Our New Fitness Instructors!

The Well of Life Center is so excited to introduce our two new Fitness Instructors at the Ottsville office! Stop in for a class sometime to meet them in person!

### Lisa Hockel



Healthy fitness has been an integral part of Lisa's life (since leg warmers and body suits, for those of you who remember Jane Fonda and Jazzercise!). Her certifications run the gamut from step-aerobics, to Body Pump, to Zumba, and back to yoga as well as Personal Training. She is very excited to join the Well as our new fitness instructor and personal trainer.

Says Lisa, "My goal is your goal. Together, we make fitness fun, safe, and healthy!"

### Janis Weil



Janis has been a client of the Well of Life for over four years, and has trained under both of our previous fitness instructors, Drew McNerney and Dustin Doran. Her hard work and determination have resulted in dramatic weight loss and health improvement, giving her the knowledge and experience to encourage others to do the same. Janis has led some of our fitness classes in the past as a substitute instructor with great success, and we are excited to have her on our team on a more permanent basis!

Check out the *Fitness News* below for class information and availability!

## Massage Minute: November's Therapeutic Body Wrap

### Peppermint Mocha Wrap

This ultra-stimulating exfoliation and detoxifying wrap treatment leaves you feeling exhilarated and ready to tackle the holiday season. Revive tired skin with a combination of caffeine, cocoa, and peppermint for the ultimate holiday pick-me-up!

One 90-minute body wrap costs \$140. Call 610-847-1941 to schedule your appointment with Adrienne!

