

## Cooking Classes

### Thanksgiving Sides

Saturday, November 2nd, 10 am

On the menu: Orchard Salad with Sweet Curry Dressing, Crusted Acorn Squash Wedges, All Vegetable Stuffing, Gratin of Fennel, and Cinderella Pumpkin Risotto with Fried Sage

### Long Live King Kale!

Wednesday, November 13th, 6:30 pm

On the menu: Simple Kale Chips, Chicken Soup for the Kale, Kale Slaw, Lemony Kale Julius Style, Sautéed Kale goes Omelet, and White Bean & Sausage Ragout with Tomatoes and Kale

*Cost for each class is \$30 per person. Call 610-847-1941 to sign up!*

### Cooking Certification Beginner III

Saturday, November 16th, 10 am

Join us for the conclusion of our Beginner Series Certification Classes. During this class, we will be discussing the book *Getting Back to the Basics of Human Health*, and how to incorporate the concepts found in this book into our daily cooking.



*Certification Class cost is \$50 per person. Call 610-847-1941 to sign up!*

## Fitness Facts: Exercise and Stress

Do the upcoming holidays have you stressed already? It's time to get your body moving! Exercise is an awesome stress-reliever for many reasons:

**Exercise releases endorphins**, which are your brain's feel-good neurotransmitters. Often referred to as a "runner's high", this feeling of satisfaction and wellness can come from any activity that gets your heart pumping harder.

**Exercise distracts your mind.** Whether you are trying to follow an up-beat dance routine, swimming laps in the pool, or pounding the sidewalk, focusing on a single task and your body's movements allows you to forget the day's frustrations and concerns.

**Exercise makes life easier.** Regular exercise allows you to move easier and gives you more energy to meet the demands of everyday life. It can also reduce symptoms of depression and improve your sleep. All of this adds up to a freedom that is found in knowing you are taking care of your body!

If you are looking for ways to begin an exercise routine for yourself, talk to our Personal Trainer, Lisa Hockel, at the Ottsville Well of Life Center!

## Massage Minute

Massage is another great stress-buster, as it has long 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. And let's be honest, who couldn't use more energy and better sleep throughout the holiday season?

To schedule a massage for yourself, call one of our offices today!

## Benefits of Turkey

We've all heard about the sleep-inducing effects of this Thanksgiving staple, but did you know that turkey has so many great benefits? Read on to find out why you should be sure to include this delicious meat in your holiday meal!

**Turkey is a rich source of protein.** Just one serving of turkey provides 65% of your recommended daily value intake of protein!

**Turkey is full of folic acid, iron, zinc, and potassium.** These nutrients help to protect against cancer and heart disease, aid in nerve function and growth, regulate blood pressure, and assist in the healing process.

**Turkey is a great source of vitamin B6 and niacin.** These two B-vitamins (niacin is also known as vitamin B3) are both essential for the body's energy production.

**Turkey contains tryptophan.** This amino acid that is responsible for your after-the-feast nap also plays an important role in strengthening your immune system.

**Turkey a good source of selenium.** Selenium is essential for healthy thyroid hormone metabolism, it boosts immunity, and it acts as an antioxidant.

So this Thanksgiving, enjoy your turkey while knowing you are doing your body good. Just make sure, as with all meats, that your turkey comes from a good source, is pasture-raised, and is free of antibiotics and hormones!

