

## UPCOMING LECTURES

11/2, 6:30 pm  
Well Watchers

11/2, 7 pm  
Healthy Lifestyles

11/3, 10 am  
Fat Facts

11/9, 10 am  
Welcome to the Well

11/9, 7 pm  
Flus and Colds

11/12, 6:30 am  
Men's Group

11/12, 10 am  
Thanksgiving Cooking Class

11/14, 7 pm  
Celiac's & Gluten Free

11/17, 7 pm  
Diabetes Lecture

11/22, 7 pm  
Headaches & Migraines

11/22, 7 pm  
Flus & Colds

11/26, 10 am  
Parent's Group

11/28, 6:30 pm  
New Client Lecture

12/1, 10 am  
Matinee: Vaccinations &  
Immunizations

12/3, 10 am  
Christmas Cooking Class

12/7, 6:30 pm  
Well Watchers

12/8, 5 pm  
Cancer: What Is It Really?

12/10, 6:30 am  
Men's Group

12/13, 6 pm  
Mythbusters:  
The Skinny on Cholesterol

12/20, 5 pm  
Mold: There's a  
Fungus Among Us

12/28, 2 pm  
Brain Health: ADD & ADHD

## Stay Moving Throughout the Season!

Fall has arrived; school is back in session, the weather is getting cooler, and many people are getting geared up for the fall premieres of their favorite television shows. Use this time to not only enjoy your favorite show, but workout as well! While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups; in a one-hour show, you should have close to 20 minutes worth of commercial interruption. Perform cycles of these exercises, and you'll have no problem staying active throughout the season!



## Acupuncture is Back!

We are so pleased to once again offer Acupuncture appointments at the Well of Life Center, beginning **October 3rd**. Emily Urie, our Acupuncturist, had her baby, Lily, in August, and is excited to return to the Well and begin seeing clients again.

Acupuncture is an ancient procedure that has been found to be very successful in relieving pain, allergies, depression, insomnia, and more! For more information or to schedule your appointment, call 610-346-9080 today!

## Cooking Classes

### Spectacular Squash

Join us for a delicious autumn treat as we utilize one of the season's most versatile vegetables. On the menu: Cranberry Squash Gratin, Greek-Style Spaghetti Squash Salad, Apple Butternut Squash Soup, and Italian Stuffed Acorn Squash. For dessert: Perfect Pumpkin Squares with Maple Whipped Cream.

\$25 per person

Saturday, October 8th  
10 am



### Fermented Foods

Why would you want to eat fermented food? Well, you know we are only as healthy as our digestive system. Join us for this class and find out how to develop and maintain digestive health with fermentation. We will be learning the basics of fermenting while preparing a fermented radish dish and Kombucha Tea.

\$25 per person

Wednesday, October 12th  
6:30 pm

