



Cooking Classes

Chocolate 101

Saturday, October 12th, 10 am

On the menu: Mayan Chocolate Smoothie, Chocolate Mint Bliss Smoothie, Rich Lavender Chocolate Fudge, Chocolate Raspberry Decadence Cake, and Chocolate Chocolate Chip Hazelnut Cookies

Autumn's Abundance

Wednesday, October 16th, 6:30 pm

On the menu: Autumn Harvest Soup, Stovetop Barley with Sweet Vegetables, Sweet Dumpling Squash with Orange Scented Quinoa Stuffing, Roasted Squash with Fennel and Asparagus, Venison Chops with Cranberry Chutney, and Maple Poached Pears

Long Live King Kale!

Saturday, October 26th, 10 am

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

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

Cooking Certification Class: Beginner II

Saturday, October 19th, 10 am

Join us for the continuation of our Certification classes, which will build on the techniques we covered in the Beginner I class, including proper food handling, reading recipes, knife skills, and using a food processor and Vita-Mix. Remember, you must attend this class if you would like to continue on to any advanced certification classes.



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



Massage Minute: The Well of Life Difference

If you have ever received a massage at the Well of Life Center, you will know that they are not always the type of massage you would associate with a soothing spa day. At the Well of Life, we offer therapeutic massages, which are designed to reach deep into your tissues to improve circulation and blood flow, break up scar tissue, and release the build-up of toxins stored in our bodies. While some describe this type of massage as "intense," the end result is a deep relaxation that releases long-held stiffness and soreness. A Well of Life massage not only soothes a stressed body, it heals the body, from the inside out.



Fitness Facts: Strength & Stretch

Have you tried out our Strength & Stretch fitness classes on Thursday afternoons yet? This class is a great opportunity to get your heart pumping, build long, lean muscles, and reduce stress all at the same time! Our Strength & Stretch class is similar to a Power Yoga class, incorporating slightly more challenging poses that will strengthen your core while stretching your body. Join us this Thursday, and experience the great benefits of Strength & Stretch for yourself!

Classes are held every Thursday, from 1-2 pm. Class cost is \$12 per person.



Introducing Neuro Emotional Technique

We are pleased to announce that beginning in October, NET Practitioner and Acupuncturist Emily Urie will be available for Neuro Emotional Technique (NET) sessions! This is a new service provided by the Well of Life that helps to release the body from emotional stressors which may be holding the body back from fully healing. **For more information on this new technique, don't miss our Neuro Emotional Healing lecture on October 3rd in Ottsville!** You may also visit our website at welloflifecenter.com, where you will find more information about Neuro Emotional Technique under the "Services" tab.



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