

Cooking Classes

Our Cooking Certification Course begins again in September with our **Beginner I class** on **Saturday, September 21st, at 10 am**. Join us for our introduction to Well of Life cooking, and begin your journey to a certification that will empower you to feed your friends and family in a new, healthy way, and give you the confidence to create your own, unique recipes! In order to take part in any of the following Certification classes, you must attend this class!



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

Savory Sweet Potatoes

Saturday, September 14th, 10 am

On the menu: Venison and Sweet Potato Soup, Classic Sweet Potato Salad, Roasted Sweets and Arugula with Apple Cider Vinaigrette, Twice Baked Colcannon, Sweet "Fries" with Horseradish Sauce, Sweet Potato Biscuits, and Sweet Potato Cookies

Bon Appetit Baby

Wednesday, September 18th, 6:30 pm

On the menu: Baby's 1st Casserole with Chicken and Tomato, Rattle the Ratatouille, Vegetable & Coconut Korma, ABC - Apple & Banana Cereal, and Pumpkin Stew

Autumn Abundance

Saturday, September 28th, 10 am

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

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

Massage Minute: Pain Relief

Pain comes in all shapes and sizes, including headaches, back pain, sore muscles, nerve pain, and much more. Massage therapy can help to alleviate them all! Studies have shown that massage has the same pain-relieving effect as drugs like aspirin, ibuprofen (Advil), and naproxen (Aleve). It accomplishes this by reducing inflammation and increasing mitochondrial activity, which produces energy and aids in muscle recovery.

So the next time you're ready to reach for a little bottle of pain-relief, why not give us a call and schedule an appointment with one of our massage therapists instead? Your body will thank you!

Fitness Facts: Staying Young

Regular exercise can help prevent many of the diseases and disorders associated with getting older, such as heart disease, stroke, high blood pressure, high cholesterol, diabetes, arthritis, and osteoporosis. It can also slow some aspects of the aging process by strengthening muscles and joints, which will reduce or eliminate those aches and pains that many adults have as they age.

To get on an exercise regimen that is tailored to your body's needs and abilities, call Personal Trainer Lisa Hockel at the Well of Life in Ottsville today!

Coming Soon: Neuro-Emotional Technique

Did you know that emotions can strongly affect your health and healing? Your emotional health plays a huge part in your overall well-being, and the Well of Life Center has always strived to support your body holistically, including emotional support. Up until now, we have done this as best as we were able, through understanding, words of wisdom, and sometimes a shoulder to cry on. Beginning in October, however, we are pleased to provide you with a new service, called Neuro-Emotional Technique. This new technique takes a close look at how your body may be held back from healing by certain emotional stressors, and works to gently remove those stressors to allow your body to once again heal fully.

Keep an eye out for more information to come about Neuro-Emotional Technique, and join us for our informative introductory lecture on Thursday, October 3rd, at 6:30 pm in Ottsville!