

# September 2015



## In-House Lectures

Sign up required

### What Is Lyme Disease?

**Thursday, September 10th, 6 pm, Ottsville, with Cynthia Hofmann-Coale**

**Monday, Sept 14, 6 pm, Bethlehem, with Victoria Fisher | Wednesday, Sept 23, 6 pm, Doylestown, with Megan Kitchie**

Lyme Disease seems to be popping up in our family members, friends, and acquaintances, but how many of us know what this disease actually is? In this lecture, our clinician will discuss exactly what Lyme Disease is, and how it affects your body. Learn how to combat it the natural way, returning to your body energy, vitality, and health!

### Habits & Addictions

**Tuesday, September 29th, 6 pm, Doylestown**

Did you know that there is an actual neurological pathway that leads to each habit or addiction you have? Breaking a habit or addiction is about more than simply having willpower; there are specific steps you can take that will break the cycle and give you the freedom you are fighting for. Join Dr. Jon Gindhart for this lecture and learn how the Well can help you kick the habit or addiction!

## Matinee Lectures

Sign up required

*We offer Matinee Lectures on the second and fourth Wednesday of every month at **all of our office locations**. We encourage you to join us for these pre-recorded lectures shown on the big screen, followed by a question and answer time; you'll get a 5% off coupon just for watching!*

### Can't Lose Weight? It's Not Your Fault!

**Wednesday, September 9th, 1 pm**

Join Critical Care Clinician Cynthia Hofmann-Coale for this pre-recorded lecture, which will reveal the reasons why normal weight loss techniques don't work for everyone. Get to know your body better, which is the first step to achieving true, healthy weight loss.

### Soy & Other GMOs

Join us at 11 am for our Lunch & Learn event!

**Wednesday, September 23rd, 1 pm**

Genetically Modified Organisms are currently circulating throughout our country's food market, hidden in foods you may be eating regularly. Watch this pre-recorded lecture with Critical Care Clinician Cynthia Hofmann-Coale to learn exactly what GMOs are, what they can do to your health, and how you can avoid them!

## Podcasts

*These audio-only lectures may be streamed from our website for your listening pleasure. On the date of the lecture, simply visit our website at [welloflifecenter.com](http://welloflifecenter.com), and click on the "Lectures" button under the "Knowledge" tab. You can now listen to these on your smartphones as well! Check our website for further instructions. Miss the podcast? Feel free to call our Client Advocates, who can schedule a time for you to come view the lecture in one of our offices. And don't forget to sign up for podcast reminder emails!*

### The Truth About Diabetes

**Thursday, September 3rd**

If you or someone you know is suffering from diabetic symptomatology, you need to know the truth about this commonly misunderstood disease. Tune in to this lecture as Associate Clinician Victoria Fisher discusses various ways to equip your body to combat the underlying causes and regain a healthy sugar handling system.

### Sorry Pain, You're Fired!

**Tuesday, September 8th**

Listen to this podcast as Dr. Jon Gindhart explains the mechanics of pain and body dysfunction, as well as how it can be corrected - permanently! See how recent discoveries about body mechanics can be applied to the spine, arms, legs, and even the skull to relieve pain and improve function and mobility.

### The Truth Behind Infertility

**Friday, September 18th**

Infertility is a growing problem in the United States, affecting one in three people. What is the reason for this? Is it possible to prevent it? What can be done to reverse this devastating epidemic? Get all of these answers and more from Clinician Tiffany Guerreiro at our podcast on infertility!

### Raising A Healthy Child

**Thursday, September 24th**

In our fast-paced culture that demands food when we want it, entertainment at our fingertips, and immediate results, it can be hard to teach our children how to make wise decisions when it comes to a healthy lifestyle. This podcast, with Associate Clinician Felicia Pasquale, will give you simple tips on how to raise your child to be healthy and vibrant.

## Massage Minute

Have you tried any of our new esthetician services at the Well Spa?

This month, we are offering an awesome special:

**A FREE Eyebrow Waxing with the purchase of a Facial!**

Call the Well Spa at 484-833-1080 to schedule your appointment!

Bring this newsletter with you to receive your discount.

Offer runs from September 1st through September 30th, 2015. One discount per person.



## Cooking Classes

### Just Chocolate

**Saturday, September 12th, 10 am**

On the menu: Chocolate Zucchini Breakfast Bread, Crispy Chocolate Nut Bites, Chocolate Chili Bars, Chocolate Raspberry Mousse, Chocolate Nut Butter Smoothie

Cost for this class is \$35 per person; with our Cooking Club Card, every 6th class is FREE! Call 610-847-1941 to sign up!

### Lunch and Learn: Weight Loss

**Wednesday, September 9th, 11 am**

Before you satisfy your thirst for knowledge by viewing the matinee lecture, satisfy your hunger with easy recipes that complement the topic of Weight Loss. Prepare and enjoy a family-style luncheon that satisfies all your senses beginning at 11 am, then watch the matinee at 1 pm.

Cost for this class is \$35 per person.

### Tell & Show: Canning, Pickling, Dehydration, and Fermentation

**Thursday, September 17th, 6 pm**

These classes are part informational and part hands-on cooking, so you not only learn the “what” and “how” of eating the Well of Life way, but the “why” as well. During this class, we offer a 15-20 minute presentation, followed by the cooking portion of the class. You benefit by learning the synergy of the ingredients and, when consumed, how they become an instrument in healing. How exciting is it to eat something that tastes delicious and is a blessing to your body?! If only we could get the dishes to do themselves!

Cost for this class is \$50 per person.

## Fitness Fact

Our newest fitness class, *Ballet Barre*, is available for kids, teens, and adults! This class uses classical ballet techniques to create a challenging workout that is perfect for all levels!

The **class for ages 3 to 5** allows them to explore the joy of movement and form by using music and imagination to create an inspiring environment!

The **class for ages 6 to 9** introduces students to Classical Barre technique using terminology, etiquette, and proper body placement.

The **class for ages 10 to 14** teaches students Classical Barre technique with terminology, etiquette, and proper body placement as well as musicality - no prior experience is necessary!

The **adult class** is a Classical Ballet Barre class, emphasizing proper muscular recruitment patterns in learning ballet technique. This class is designed to work with your specific needs and movement abilities - no previous dance experience is necessary!



## The Vision Behind The Well

The Vision Behind the Well is an opportunity to hear of the inspirational way God used Cynthia Hofmann-Coale's struggle through the diagnosis of cancer and the ensuing fight for her life to establish the Well of Life Center for Natural Health. Bring your friends and family for an event that will leave you encouraged, inspired, and with a renewed sense of hope! Lunch will be served at this event, and admission is free. RSVP for this event by September 11th.

**Saturday, September 26th**

**10 am - 4 pm**

**Living Hope**

**Community Church**

**22H West Route 313**

**Perkasie, PA**

8340 Easton Road, Ottsville, PA 18942 | 610-847-1941 | [www.welloflifecenter.com](http://www.welloflifecenter.com)

The Farm at Doylestown, 201 Farm Lane, Doylestown, PA 18901 | 215-340-3930

801 West Broad Street, Bethlehem, PA 18018 | 610-419-8881