

Fitness Fact

Top 10 Reasons To Exercise

1. More energy.
 2. Improved self-image.
 3. Weight control without dieting.
 4. Higher endurance or stamina.
 5. Better conditioned heart.
 6. Less tension.
 7. Greater management of stress.
 8. Better ability to fall asleep.
 9. Toned muscles.
 10. Healthier cholesterol level.
- For personal training please contact
Drew at ext. 610

Massage Minute

Did you know one hour of massage equates to 7-8 hours of sleep! Just one more reason to schedule yourself for a relaxing, therapeutic massage.

To schedule a massage please contact our Massage Dept. at 610-346-9080 ext. 305

Yoga & Pilates

Well Yoga Classes
Mondays
7:30am - 8:30am

Wednesdays
8am - 9am

Mat Pilates Classes
Fridays
12pm - 1pm

To schedule or attend any one of our wellness sessions please call us at 610-346-9080

Line Dancing Lessons

No partner needed!
Classes are Fridays at 7:30pm, on Sept. 17th, 24th, Oct. 1st & 15th
Call the front desk to sign up for any or all of the classes!

Special Date!

November 20, 2010 at 1pm
The Vision Behind the Well



Many of you have been asking to hear Cynthia Hofmann's amazing testimony that led her to establish the Well Of Life Center. For those of you who know Cynthia know the inspirational journey that took her from her own death bed to a full recovery. For those of you who don't, we invite you to come and partake in an afternoon that is sure to leave you encouraged, inspired and with a renewed sense of hope. Her testimony touches on all of the elements of God's refining fire; sacrifice, surrender, trial, tribulation, disobedience to ultimate obedience. Through it all, the vision of the Well Of Life Center was given with the promise that, "He will use all things for the good of those who are called to his purpose." Romans 8:28. Cynthia believes we are blessed to be blessings. A mantra that is lived out everyday at the Well Of Life Center. Save the date, you will surely want to be there. Reserve your seat now by calling 610-346-9080. Seating is Limited.

*COOKING CERTIFICATION CLASS TO BEGIN IN OCTOBER !!

Informational meetings on **Thursday, September 9th at 7-8pm & Saturday, September 11th 9-10 am**. Come and join us for another life changing journey. The Well of Life Cooking Certification Classes will allow you to expand your horizons in both your technique as well as your creativity. We will guide you through the art of food preparation including knife skills, recipe and cooking terms and techniques while actively participating in making basic dishes, all the way to restaurant worthy cuisine.

*It is required that you attend a Whole Foods Tour prior to this program so you have that priceless knowledge for wise healthful shopping. Sign up for one of these very informative and fun tours at the front desk!

Whole Foods Tour Dates: Saturday, August 28th at 9am, Monday, September 13th 9:30am & Tuesday, September 21st 6:30pm

Join us as we learn the value of knowing where your food is coming from, as well as how to shop for foods that are Well-of- Life-Approved! Whole Foods Classes will meet directly at Whole Foods in North Wales.

Q: Is grey hair a sign of health or a natural progression of aging?

A: This is an age old question and truthfully it is a little of both. The color of your hair is determined from a natural pigment in your body called melanin. As you age your melanin production decreases causing less pigment within your hair, resulting in the gradual increase of grey hair. There are also nutritional factors that contribute to grey hair. When you get inundated with stress, your body responds and asks your adrenals to release a hormone to help you cope with the stress. Over time the repeated stress response from your adrenal glands can result in a deficiency in specific minerals which have been linked to the reduction of melanin production.

Q: How should we approach infant vaccinations?

A: There is a lot of controversy about whether you should or should not have your infant vaccinated. This is an interesting topic with two distinct schools of thought. For the whole story on the best approach for you and your children, please attend our Vaccination and Immunization lecture on November 15 at 7pm with clinician Dr. Tony Blasco.

New Client Dinner

Once a month, the Well of Life Center hosts a New Client Dinner as a gift to our new clients. It is an opportunity for you, the new client, to come have a delicious meal and hear the testimony of one of our clinicians and to meet some of our staff. We welcome you to bring a family member or friend with you. New Client invitations are mailed to you for the month after you become a client. If you haven't had the opportunity to attend a New Client Dinner, please contact Cori, our Client Advocate, at 610-346-9080 x 303 and she will be happy to send you an invitation.