

## Cooking Class

### Apples Galore

September 17th, 10 am

As the weather gets cool and the crispness of apples signals the coming of fall, it's time to get cooking! If you're looking for some new apple recipes that are Well of Life Approved, we've rounded up some that are healthy and delicious for you to try! Come and join us for a fun morning in the kitchen!



\$25 per person

Call 610-346-9080 to sign up!

### Fitness Fact

There is no such thing as the "best way" to exercise. Exercise can and should look different for each person, building upon your own likes and abilities. Your exercise routine should also be varied, so your body does not adapt to the same repetitive movements you perform. If you are interested in receiving your own personalized workout routine, schedule an appointment with Fitness Instructor Dustin Doran!

### Massage Minute

The best partner to a workout is a massage! After completing your personally designed workout with Dustin, allow Michelle or Adrienne to assist your muscles in recovery with a therapeutic massage. This will also promote healthy muscle function and tone. Schedule your workout and massage together today!

## Whole Foods Tour

Do you want to make good food choices, but get overwhelmed at the grocery store? Are you ready to learn to grocery shop in a Well of Life Approved way? Then join us for this wonderful tour of Whole Foods Market. This very informative walk-through will give you a great foundation for shopping organic. Our guide will share their knowledge about such things as the difference between conventional, local, and organic produce, raw cheeses, farm raised fish vs. wild caught fish, organic meats vs. free range meats, and so on. This is a great opportunity you will not want to miss!

Saturday, September 24th

10 am

\$15 per person

Whole Foods Market

1210 Bethlehem Pike

North Wales, PA 19454

Call 610-346-9080 to sign up today!



## Mark Your Calendars!

The busy holiday months are coming fast, so jot down these dates now, before your calendar fills up! See our online Calendar of Events for more information and locations.

### October

- 10/4, 7 pm  
Infertility Lecture
- 10/5, 6:30 pm  
Well Watchers
- 10/6, 10 am  
What Is Lyme Disease?
- 10/8, 6:30 am  
Men's Group
- 10/8, 10 am  
Squash Cooking Class
- 10/12, 6:30 pm  
Fermentation Cooking Class
- 10/13, 7 pm  
Fitness Lecture
- 10/17, 5 pm  
Dental Dangers
- 10/19, 10 am  
Welcome to the Well
- 10/20, 7 pm  
Healthy Lifestyles
- 10/21 - 10/23  
Boot Camp
- 10/27, 7 pm  
Pre & Post Natal Care
- 10/29, 10 am  
Parent's Group
- 10/31, 6 pm  
New Client Lecture

### November

- 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

### December

- For the month of December, instead of having live lectures, we will be showing matinees once per week. As we are working out the schedule for December, we would like your feedback. Is there a specific lecture we offer that you would like shown? Send your requests to [cori@welloflifecenter.com](mailto:cori@welloflifecenter.com), then check our online Calendar of Events to see what was picked!
- Other events in December include:**
- 12/3, 10 am  
Christmas Cooking Class
  - 12/7, 6:30 pm  
Well Watchers
  - 12/10, 6:30 am  
Men's Group