

## Cooking Classes

We are pleased to announce that we are adding more cooking classes each month! This will give us smaller class sizes as well as more opportunity for you to fit a class into your schedule!

### Easy Lunching

Saturday, September 8th, 10 am  
Wednesday, September 12th, 6:30 pm

**On the menu:** Curried Chicken Pitas, Pizza Roll-Ups, Tuscan-Style Tuna Salad, Zesty Bean Dip, Quinoa and Broccoli Salad, Creme Fraiche, Quinoa Salad with Toasted Almonds, Beet Salad

### Tomato Tomato

Wednesday, September 19th, 6:30 pm  
Saturday, September 29th, 10 am

**On the menu:** Chicken-Stuffed Tomatoes, Ratatouille, Backyard Tomato Sauce, Tomato-Infused Italian Dumplings. For dessert: Mock Mincemeat Green Tomato Pie!

## Apples, Apples, Apples

Apples are not just for your child's teacher! Look at all the great health benefits that are packed into this colorful fruit...

Apples are simply nutritious. They pack a good amount of soluble fiber and vitamin C into a sweet, filling snack that is low in calories.

Apples can help you lose weight. Their antioxidant and fiber levels satisfy hunger, while adding nothing to your waistline!

Apples are good for your heart. The antioxidant compounds in apples destroy free radicals, inhibit arterial inflammation, and reduce the risk of heart disease and cardiovascular disease.

Apples help you exercise. One antioxidant found in apples is called quercetin, and it aids endurance by making oxygen more available to the lungs.

So get out there and enjoy one of the season's most versatile fruits! And, if you're looking for different ways to include apples in your daily menu, keep your eyes open for our Apples Cooking Class coming up in November!



## Massage Minute: September's Therapeutic Body Wrap

### Fall Into Relaxation

Nurture your mind, body, and spirit as you gear up to head into the busy fall season. Promote relaxation and a sense of well-being with this calming wrap combined with a soothing scalp massage. It will melt your worries away, leaving you in a state of bliss!

One 90-minute body wrap costs \$140. Call 610-847-1941 to schedule your appointment with Adrienne!

