



VISIT WEST WELLNESS GIFT GUIDE

**Bringing soothing artwork into your
environment can bring peace.**



(opposite)

Helen Reinhold-Gordon

Lilacs and Wee Visitor

48in. x 36in., Oil on Canvas



**Sign up and learn more:
EMJPILATES.COM**



Pilates encourages flexibility, mobility and lengthening of the spine. This is achieved by strengthening and stretching the deep musculature of the core: back, hips, pelvis, abdominals, glutes and hamstrings while also toning the rest of the body. With a strong core as the body's foundation the rest of the body can move more efficiently and with less strain.

Virtual Mat Classes this week:

WEDNESDAY 11:00 AM WITH SUMMER

THURSDAY 5:30 PM WITH EMILY



Special: \$15 per 45 minute class

"The staff is super knowledgeable. I don't think they would sell you anything that was not in your best interest. It is unusual to find a business that is as honest and dedicated as Fleet Feet. Leaving their store with great sneakers is great, but having that feeling of security knowing that you have bought the best shoes for your foot health possible is even greater. Almost all new shoes feel great when first tried on in the store, But how they will feel in a week or two, - that's when you can really appreciate the knowledge and integrity of those true professionals. Thank you Thomas, and the rest of the FF staff."

--Lee Berger on Google



A man in a white t-shirt and black watch is running through a forest. The background shows a scenic view of mountains and a lake. The text is overlaid on the image.

*Join this Fleet Feet
Facebook group
for encouragement and
weekly challenges!*

**BERKS COUNTY
SOLO RUNNER**

**Click the video link below to learn more about
Kangen Water benefits!**



Rick Fleming

Hydration Consultant

2 Week Free Trial



Bring this card to:



Kangen Reading Water Store
402 Penn Ave. West Reading
484-754-6758

Hours

Tuesday– Saturday 12PM – 7PM
Saturday 12-5
Closed Sunday/Monday

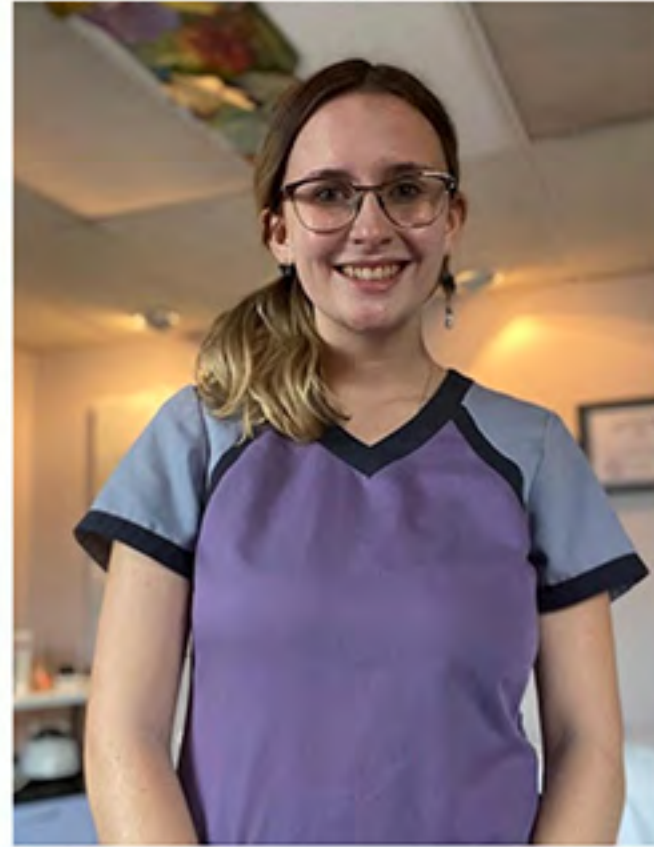
Kangen Reading Water Store

Looking to reduce stress this New Year?

Relax and recharge with a massage or facial at Summit Massage, LLC located at 546 Penn Ave, Fl 2. Sydney Mallatratt, owner, specializes in medical-based massage therapy and natural skincare.

All new clients receive 20% off their first visit to the studio! Gift cards are also available for purchase in the studio or online at www.summitmassagepa.com

Follow Summit Massage, LLC on Facebook or Instagram @summitmassagepa to keep up with wellness tips and new specials. To schedule an appointment or for more information, call or text 610-334-8392



SUMMIT MASSAGE, LLC

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**West Reading is a vibrant regional shopping destination
+ cosmopolitan hub known for specialty shops
and a wide variety of dining experiences.**

**This guide was created by the West Reading
Community Revitalization Foundation,
a 501(c)3 non-profit organization.**