

How do I get started?

By becoming a Wellness Plus member!

Your best investment for natural living and preventive health care because you will enjoy the following Wellness Plus member benefits:

1. 4 hours of flexible health and wellness sessions per year with certified Wellness Plus professionals tailored to your individual needs and schedules!
2. **Free Weekly exercise classes for all your family members in the center.**
3. You and your household members can attend unlimited health workshops and seminars in the center free of charge.
4. Discounts on all holistic healings and treatments such as chiropractic, Naprapathy, aromatherapy, magnetic therapy and more.
5. Wellness Plus store-wide savings at members only prices – whole food, whole food supplements, essential oils, books, personal care products, Feng Shui supplies, natural gifts & jewelry and much more!
6. Free consultation on water & air treatment with discounts on environmental products for members.
7. Discounts on personal and group fitness training.
8. Free audiotapes & books to borrow and videotapes to rent.
9. Members may invite a new guest for a one time only free class, by reservation.
10. Home nutritional tutoring available at extra charge.

11. Receive monthly activity newsletters and calendars.
12. Lite & Healthy Cooking demonstrations on a regular basis.

How do I become a Wellness Plus member?

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$429	\$41
Business	\$449	\$43

Please call (302) 478-3782 or email cj.powley@verizon.net for a free consultation

Wellness Plus

**“Let Food Be Your Medicine -
Medicine Be Your Food”**



Wellness Plus Delaware

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Q: What is Wellness Plus?

A: Wellness Plus is a rapidly-growing family of natural healing professionals as well as individuals who are serious about all parts of an all-natural lifestyle. We are the only one of this kind on the East Coast. We provide a full education, support and holistic healings right in our beautiful 1300 sq ft center, as well as “lectures on the road” and health fairs for corporations, government agencies, civic groups and doctor’s offices.

Q: How long has Wellness Plus been operating?

The year 2019 is our 23rd year promoting natural healing and health.

Q: Why Was Wellness Plus Started?

A: Our mission is to empower individuals to take control of their health, with emphasis on prevention, by providing up-to-date information and support – from whole food nutrition to holistic healings.

Q: What is the Wellness Plus philosophy on nutrition and holistic healings?

A: We believe in whole food. As Hippocrates stated, “food should be your medicine and the medicine should be food, and to be a medicine, first, it has to do no harm.”

Q: How is Wellness Plus financially supported?

A: Wellness Plus is 100% supported by member’s dues and by their purchases in our “Store of Mother Earth.” We have not, do not and will not accept any donations from drug or food manufacturers even though we operate on a not-for-profit basis. Therefore, you can trust the information we provide because we are a totally independent organization.

Q: What services does Wellness Plus provide?

A: For individuals and families, we provide weekly classes, seminars, workshops and cooking demonstrations. We also provide various holistic healings (see member’s benefit list) at discount prices. We have personal and group training programs in our center, as well as house call services. We also carry unusual and hard to find natural foods and supplies in our store.

For natural healing practitioners, we have referral services, free corporate health fair booths to promote your business, treatment room rent starting at \$200/month for one day per week, matching funds for advertising and more. Ask about our “Partner in Health” program.

What Can I Expect to Learn from the Wellness Plus Program?

Topics such as:

1. Healthy food choices and shopping
2. Whole food and weight control
3. Easy sprouting and wheat grass growing
4. Keep your heart healthy naturally
5. Strengthening your immune system
6. How to select good supplements
7. Green tea and your health
8. Anxiety and depression – food & mood
9. Qigong, Taiji and meditation
10. Body fat testing
11. Successful aging
12. Feng Shui for your home and workplace
13. Aromatherapy
14. Natural alternatives to hormone replacement
15. Osteoporosis and joint health
16. Calcium & alternatives to dairy
17. Environment and your health
18. Avoiding Alzheimer’s
19. Inflammation & degenerative diseases.
20. Living healthy in a chemical world.
21. Keeping your digestive system healthy – naturally.