

# February Special Coupon

From

*Wellness Plus*

and the

**Delaware Bead Society**



**My Wellness Reward**



- Please choose ONE of the following 3 options:
  1. One tube (5 grams) barley grass juice powder
  2. \$10 towards jewelry/beads purchase (no minimum purchase requirement)
  3. One free class admission for any Thursday night class
- Redeemable on Thursday night classes in February (Feb. 14, 21 and 28). To qualify you must register for the classes IN ADVANCE (by calling (302) 478-3782 or email [cj.powley@verizon.net](mailto:cj.powley@verizon.net)) AND attend both the exercise class (although you can choose part or all of the workout according to your health condition) and Natural Healing class on the Thursday you have registered for.



# Wellness Plus Delaware

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://www.wellnessplusintl.com)

3617 Silverside Road Talleyville Center 2nd floor

Wilmington, DE 19810

302-478-7723

<p><b><u>STORE HOURS</u></b></p> <p>1. <b>Monday: 30 min. before &amp; 30 min. after program</b></p> <p>2. <b>15 min. before &amp; after exercise class or</b></p> <p>3. <b>By appointment Call 302-478-3782</b></p>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr</p> <p>All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><b><u>MEMBERSHIP—2019</u></b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;"></td> <td style="width: 30%; text-align: center;"><b><u>Annual</u></b></td> <td style="width: 30%; text-align: center;"><b><u>Monthly</u></b></td> </tr> <tr> <td style="border: none;">Family</td> <td style="border: none; text-align: center;">\$429</td> <td style="border: none; text-align: center;">\$41</td> </tr> <tr> <td style="border: none;">Business</td> <td style="border: none; text-align: center;">\$449</td> <td style="border: none; text-align: center;">\$43</td> </tr> </table>		<b><u>Annual</u></b>	<b><u>Monthly</u></b>	Family	\$429	\$41	Business	\$449	\$43
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Family	\$429	\$41								
Business	\$449	\$43								

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> 6:30 pm Interval Training 7:30 pm Members Forum		<i>6</i>	<i>7</i> Center Closed	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Food Combinations & Digestion	<i>12</i>	<i>13</i>	<i>14</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 pm Eat to Live – Our Food Event	<i>19</i>	<i>20</i>	<i>21</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i> 6:30 pm Support Group Meeting – Live Well	<i>26</i>	<i>27</i>	<i>28</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing		

				Workshop		
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## February 2019

### **Thursday, February 14, 21 and 28 at 7:30 pm. Natural Healing Workshop**

The focus will be pure healing essential oils that are safe, have a great aroma, versatile and may help with many symptoms and to ease aches and pains. What are they? How do I use them? To find the answers and learn more about these wonderful natural remedies come and visit us at our workshops.

Presented by Shirley Rineer.

*February 14 Sweet Orange      February 21 Wintergreen      February 28  
Cedarwood*

### **Monday, February 4 at 6:30 pm “Interval Training and Member’s Forum”**

Personal Trainer Dr. Phil Demond presents stretches & yoga to help us obtain maximum health benefits. Then, come to the Members’ Forum at 7:30 PM—Bring your requests, ideas & questions. We will listen to you & work together to make the Wellness Plus program even better. *Everyone who comes will get 5% off our entire store.*

### **Monday, February 11 at 6:30 PM: Food Combinations & Digestion”**

Our bodies are designed to achieve optimum digestion and good health. We need to become more conscious of what we eat and treat our stomachs the way we treat a baby, gently. We need to eat less and simplify our meals. These and more will be discussed and presented by Judy Filipkowski.

### **Monday, February 18 at 6:30 “Eat to Live”**

This book by Dr. Joel Fuhrman will be the second in a series of short presentations by Judy Filipkowski followed by food samples based on recipes from that book prepared by Marsha Smith. This will be followed monthly by other presentations & recipes based on other popular books in our collections.

### ***Free Event – Open to the Public***

### **Monday, February 25 at 6:30 “Support Group Meeting - Live Well”**

If you are one of the many people who are thinking or already eating meatless meals --- whether for reasons of health, the environment or concern about animals --- we are here to support you. Please come and bring your questions and challenges, your ideas and stories to share. We guarantee you will feel more empowered and supported after spending an evening with like-minded people. This is a free event and your friends and family are welcome to join us. Please call or email us if you plan to attend.

## Weekly Exercise Program

### **Thursday, February 14, 21 and 28 at 6:30 pm Exercise with Zoltan**

As you requested, our former fitness director Zoltan Hall returns for a special exercise session combined with the entertainment that only he can provide! Come prepared to exercise and to laugh.

Reservation required for all events. Call 302-478-3782. All programs begin at 6:30 pm unless otherwise noted. Registration is required - \$20 per person (\$15 if paid in advance), members free. We now accept Visa, Master Card, Discover, and American Express.

*Wellness Plus Center & Voice Mail: 302-478-7723*

*Mailing & brochure inquiries: Judy (302) 656-0409*

*Membership, products and all other inquiries: Jane 302-478-3782*

Check out our new look website: <http://www.wellnessplusintl.com>

## **Delaware Bead Society**

No events this month