

# 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

**STORE HOURS**

1. **Monday: 30 min. before & 30 min. after program**
2. **15 min. before & after exercise class or**
3. **By appointment Call 302-478-3782**

Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr

All others: \$15 advance or \$20 at door/2 hr

**MEMBERSHIP—2019**

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

## January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> 6:30 pm Interval Training 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> Center Closed	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Make Your Kidneys Last a Lifetime	<i>15</i>	<i>16</i>	<i>17</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm Starting the New Year NEW	<i>22</i>	<i>23</i>	<i>24</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> 6:30 pm The Starch Solution	<i>29</i>	<i>30</i>	<i>31</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing		

				Workshop		
--	--	--	--	----------	--	--

## January 2019

### **Thursday, January 3, 17, 24 and 31 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.

*January 3 Myrtle January 17 Patchtoui January 24 My Secret January 31 Black Cumin*

### **Monday, January 7 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, January 14 at 6:30 PM “Make Your Kidneys Last a Lifetime”**

The role of the kidney is very well-understood by just about everyone. They filter toxins and wastes out of the blood so they do not accumulate in our bodies. But how do they do this? Kidney diseases often result in someone having to use dialysis, which is basically an external kidney that you have to be attached to for many hours each week. Maintaining good kidney function is vital to having a good quality of life and it starts with drinking enough water. But there is so much more we can do to prevent and even reverse kidney diseases, just through some lifestyle practices. Presented by Dr. Chuck Powley.

### **Monday, December 17 at 6:30 “Starting the New Year NEW”**

New Year’s resolutions last only a few weeks because they’re based on will power. So instead, let’s imagine possible futures that call us to our highest aspirations, making up new habits for ourselves that could actually work. This class will be an interactive *playshop* that explores easy irresistible steps to create lives that nourish us immediately, that we look forward to every morning. Instructor: Dr. Bob Burg – *Naprapathic LiquidBody Therapist and Life Wellness Coach.*

### **Monday, January 28<sup>th</sup> at 6:30 “The Starch Solution”**

This book by Dr. John McDougall will be the first 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.

## Weekly Exercise Program

**Thursday, January 3, 17, 24 and 31 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