

Get New Tea at 10% Off (53¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2019

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 11), will we guarantee that you get your order from the first shipment. If you come to our March 11, 2019 class and order in person, you will also get 10% off your order.

Your 2019 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

<i>Member</i>				<i>Non-Member</i>			
Size	Price	Qty	Dollar Total	Size	Price	Qty	Dollar Total
Bags (30-day supply, 4 cups/day equivalent)	\$72.00			Bags (30-day supply, 4 cups/day equivalent)	\$96		

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (60¢/cup*, before 10% off) than McDonald's (black tea at \$1.18/cup)

*Members prices



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-7723

Wellness Plus Delaware invites you to attend *“The Miracle of Green Tea”*

On: Monday, March 11th, 2019 at 6:30 PM

At: 3617 Silverside Road

This is open to the public free of charge - everyone is welcome.

Reservation requested – call 302-478-7723

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? That Dr. Jane Powley, native Chinese-born, goes to China every spring to personally monitor the tea harvest? Also, did you know that the first shipment of the year would be the best of the green tea? Before Dr. Jane Powley’s trip to China, we will be holding a free green tea educational event at our center. (The 10% discount (54¢/cup* vs 60¢/cup*) is only good that night.)

Topics to be covered:

1. Therapeutic green tea vs commercial green tea
2. Green tea and weight loss
3. Green tea and cardiovascular recovery
4. Green tea and cancer recovery
5. Green tea and diabetic recovery
6. Green tea and mental health
7. Green tea and longevity

And more

FREE SEMINAR	FREE SEMINAR	FREE SEMINAR
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*Members prices

Wellness Plus Delaware

Let Your Food be Your Medicine, Your Medicine your Food www.wellnessplusintl.com

3617 Silverside Road Talleyville Center 2nd floor
 Wilmington, DE 19810
 302-478-7723

<u>STORE HOURS</u>	
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

March 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>5</i>	<i>6</i>	<i>7</i> Center Closed	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Green Tea	<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 Nature-Deficit Disorder	<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 Dangerous Dietary Myths	<i>26</i>	<i>27</i>	<i>28</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural	<i>29</i>	<i>30</i>

				Healing Workshop		
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March 2019

Thursday, March 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

March 1 Wintergreen 15 Bergamot 22 Cedarwood*new 29 Lemon Eucalyptus

Monday, March 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, March 11 at 6:30 pm “The Miracle of Green Tea”

Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Dr. Jane Powley, native Chinese-born, goes to China every spring to personally monitor the tea harvest. Also, did you know that the first shipment of the year would be the best of the green tea? Before Dr. Jane Powley’s trip to China, we will be holding a free green tea educational event at our center.

Monday, March 18 at 6:30 “Nature-Deficit Disorder”

Instructor – Dr. Bob Burg – For hundreds of thousands of years, in order to survive and even thrive, the human body adapted to the environments our species lived in – finding creative, even genetic, ways to use whatever conditions and resources the earth provided. Now in less than 100 years, homo sapiens has moved almost exclusively into man-made environments. And without us realizing it, this mass migration has had incredible impact on health and well-being. This class will explore research in recent decades that demonstrates how many of today’s mysterious syndromes (e.g. ADHD, fibromyalgia, rampant depression, etc.) may be directly caused by cordoning off ourselves from the natural world that has provided everything for us, directing human evolution for millennia.

Monday, March 25 at 6:30 “Dangerous Dietary Myths”

How "what everybody knows" about healthy eating can make us sick and how to tell it is a myth. Learn a bit about how our body really works as it interacts with the foods we eat. How important is it to eat foods that contain collagen for our joints? Do we need fat to utilize vitamins? The role of supplements and more. ***Brigitte Blanco*** is associated with Wellness Forum Health as a Health and Nutrition Educator. She also has a background of 22 years of Market Research for Pharmaceutical Companies and is using her expertise acquired during those years to help clients understand the real benefits and risks associated with medications regular physicians might prescribe. This information helps her clients in making informed decisions about taking medications versus changing their nutrition patterns to accomplish their health goals.

Weekly Exercise Program

Thursday, March 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>

March Special Coupon

From

Wellness Plus

and the

Delaware Bead Society



My Wellness Reward



- Please choose ONE of the following 3 options:
 1. One package of vegan soup (flavor will be different each week).
 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 March (Mar. 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) 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.

