

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

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

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30 pm Interval Training 7:30 pm Members Forum	2	3	4 Center Closed	5	6
7	8 6:30 pm Dandelion – the Miracle Weed	9	10	11 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	12	13
14	15 6:30 pm Food Combinations and Digestion	16	17	18 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	19	20
21	22 6:30 pm The Power of Green	23	24	25 6:30 pm “ExerSighs™” with Bob Burg 7:30 pm Natural Healing Workshop	26	27
28	29 6:30 pm Support Group Meeting	30				

April 2019

Thursday, April 11, 18 and 25 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.

Monday, April 1 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, April 8 at 6:30 pm “Dandelion - The Miracle Weed”

“The Health Benefits of Dandelion Root Tea” Did you know for many centuries, people have been using this “weed” to heal and regenerate the body from the inside out? No matter how you consume dandelion, whether it’s as a root tea or the greens from the fresh plant, the health benefits are extraordinary! Jim Cordie, “Vegan Jim” will review an article by Michele Schoffro Cook Ph.D., DNM. and a short video to help you understand why and how to use this Miracle Weed on your road for drug free healing and better health. After the talk, we will have “Tea Time”. We supply the dandelion root tea and you bring the snacks. A typical English Tea includes tiny sandwiches, crusts removed, with cucumbers and cream cheese, or eggs and olives and scones served with jam. You can be creative with your own VEGAN version.

Monday, April 15 at 6:30 “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, April 22 at 6:30 “The Power of Green”

By now we have learned that green foods need to be an important part of a healthy diet. But do you know why? What is so special about green foods, as opposed to other plant-based foods? Did you know that our bodies can use chlorophyll (a major green ingredient) for healing purposes, even though we are not plants? And, that all green foods are not the same? Come to find out why our bodies seem to know that they need green foods! Presented by Dr. Chuck Powley.

Monday, April 29th at 6:30 pm “Support Group Meeting”

Reduce or Even Eliminate Drugs! If you are one of the smart people who are either thinking or already believe "To be medicine, first do no harm", whether you want to reduce the drugs that you are taking or just want a safer natural alternative to help your body to heal, we are here to support you. Please come and bring your ideas, stories, concerns, challenges, questions or anything you would like to share. Together we will be coping better. We guarantee you will feel more empowered and supported after spending this evening with like-minded people in your community.

Weekly Exercise Program

Thursday, April 11 and 18 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.

Thursday April 25th at 6:30 pm “ExerSighs™

Self-Care Relaxation Positions to Keep Your Body Flexible and Feeling Good While Healing Itself

Instructor – Dr. Bob Burg. Bob will coach one of you about how they can relieve a current issue, teaching very gentle personally-customized positions that they ease into without effort. These ExerSighs rely on activating neuromuscular reflexes that deeply relax the body from the inside out. Then everyone can try them out, practicing “first responses” that everyone can use whenever some part of their body feels less than great. Bob plans to offer this coaching class every few months to help members accumulate a self-care repertoire everyone can do to help themselves whenever they’re not feeling so great – or to do proactively to stay healthy. Bob has developed this system over decades to take care of himself, whether experiencing serious symptoms or simple everyday aches and stiffness. So, he knows they work.

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>

April Special Coupon

From

Wellness Plus

and the

Delaware Bead Society



My Wellness Reward



- Please choose ONE of the following 3 options:
 1. Dandelion root tea (3 grams).
 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 April (Apr. 11, 18 and 25). 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.



