

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

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 6:30 pm Interval Training 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>9</i> Center Closed	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> 6:30 pm Green Foods Potluck	<i>14</i>	<i>15</i>	<i>16</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm Food Labels and Beyond	<i>21</i>	<i>22</i>	<i>23</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i> Memorial Day	<i>28</i>	<i>29</i>	<i>30</i> 6:30 pm Breathing and Yoga Exercise	<i>31</i>	

	Center Closed			7:30 pm Natural Healing Workshop		
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May 2019

Thursday, May 2, 16, 23 & 30 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, May 6 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, May 13 at 6:30 pm “Green Foods Potluck”

Green is the color of life, nature and energy, growth and the environment. Green has many shades and hues as do green foods that are our most valuable source of antioxidants. Share your most delicious green food with us, bring in a sample or samples with recipes. These can go from peas to guacamole, from kale chips to broccoli salad. Wear green to top off the evening!

Monday, May 20 at 6:30 “Food Labels and Beyond”

Presented by Judy Filipkowski. What is a food label all about, what do you look for and why are changes being made? The history of labeling will be included. You can learn to read the labels as well as see that there is a lot of misinformation as well. Bring in some labels for us to examine.

Weekly Exercise Program

Thursday, May 2, 16 and 23 at 6:30 pm Exercise with Zoltan

Our funny and entertaining fitness director Zoltan Hall returns for special exercise sessions combined with the levity that only he can provide! Come prepared to exercise and to laugh.

Thursday May 30 at 6:30 pm “Breathing Exercises and Gentle Yoga”

Dr. Phil returns with his ability to lead us through yoga moves and stretches as well as gentle aerobics.

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>

May Special Coupon

From

Wellness Plus

and the

Delaware Bead Society



My Wellness Reward



- Please choose ONE of the following 3 options:
 1. Sprouted/alkaline whole grain food
 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 May (May 2, 16, 23 and 30). 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.

