

# 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

## June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Interval Training 7:30 pm Members Forum	<i>4</i>	<i>5</i>	<i>6</i> Center Closed	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm Maintaining Vitality Successful Aging into the Golden Years	<i>11</i>	<i>12</i>	<i>13</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Berries – Potluck	<i>18</i>	<i>19</i>	<i>20</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> Sun + Vit. D = Strong Bones & Muscles	<i>25</i>	<i>26</i>	<i>27</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>28</i>	<i>29</i>

## June 2019

### **Thursday, June 13, 20 and 27 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, June 3 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, June 10 at 6:30 pm “Maintaining Vitality – Successful Aging into the Golden Years”**

Presented by Zoltan Hall, Certified Personal Trainer. Sedentary lifestyles have been shown to promote many degenerative diseases such as diabetes, cancer and hypertension and lead to accelerated aging overall. It has even been claimed that “sitting is the new smoking!” The good news is that all of this can be reversed with just a moderate amount of exercise every week! Come to learn how using your body can make a huge difference in the quality of your life.

### **Monday, June 17 at 6:30 pm “Berries- Potluck”**

Berries are in season, fresh and local. Blueberries have powers of healing, lowering blood pressure and perhaps even preventing Alzheimer’s. Strawberries are high in phytonutrients and a cancer fighter. Bring in your favorite way to prepare any fresh berries to share. Judy will share some background and nutritional information as we enjoy our treats.

### **Monday June 24<sup>th</sup> at 6:30 pm “Sun + Vit. D = Strong Bones & Muscles”**

Presented by Judy Filipkowski. The benefits of sunshine are many, leading to a good naturel dose of Vit. D. which also allows us to have a better night’s sleep. Find out the best way to get that sunshine, the dangers of sunscreens and much more.

## **Weekly Exercise Program**

### **Thursday, June 13, 20 and 27 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.

**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>**

# June Special Coupon

From

*Wellness Plus*

and the

**Delaware Bead Society**



My Wellness Reward



- **Please choose ONE of the following 2 options:**
  1. Plant-based protein food
  2. One free class admission for any Thursday night class plus \$5 towards jewelry purchase (no minimum purchase required).
- Redeemable on Thursday night classes in June (June 13, 20 and 27). 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.