

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

July 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 Movie Night - Reversal of Cardiovascular Disease	9	10	11 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	12	13
14	15 6:30 pm The B Vitamins	16	17	18 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	19	20
21	22 6:30 pm Inflammation-Insulin Connection to Heart Disease	23	24	25 6:30 pm Selfcare Relaxation Workshop 7:30 pm Natural Healing Workshop	26	27
28	29 6:30 pm Sprouted Whole Grains Potluck	30	31			

July 2019

Thursday, July 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, July 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, July 8 at 6:30 pm “Movie Night – The Nutritional Reversal of Cardiovascular Disease: Fact or Fiction”

Video presented by Jim Cordie featuring Dr. Caldwell Esselstyn, M.D. Cardiovascular disease is the number one killer in the Western world. But it doesn’t need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. Dr. Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. He is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country and is the book behind Bill Clinton’s life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn’s patients began to improve dramatically, and twenty years later, they remain free of symptoms.

Monday, July 15 at 6:30 pm “The B Vitamins – Do We Get Enough?”

Why do we need B vitamins and what is the best way to get a sufficient amount? If you’re feeling down and out it may be insufficient B vitamins. Do we need supplements or so we get enough from a whole food plant-based diet? Judy Filipkowski will be our speaker.

Monday July 22 at 6:30 pm “The Inflammation-Insulin Connection to Heart Disease”

The pharmaceutical industry has made billions of dollars from cholesterol-lowering statin drugs such as Lipitor®. However, there is increasing evidence that high cholesterol alone is not the leading cause of heart disease and that the widespread use of statin drugs has not had much impact. We will learn how inflammation has a much bigger impact on artery clogging and heart failure and what we can do about it. Also, we will see how insulin resistance plays a role not just in diabetes, but also in heart disease. Come to see how we can lower our risks of both diseases with natural and inexpensive solutions! Presented by Dr. Chuck Powley

Monday, July 29th at 6:30 pm “Sprouted Whole Grains Potluck”

Bring your favorite grain & recipe for us all to taste. Sprouted bread, pasta, rice, buckwheat, quinoa, millet – your choice. Sprouting increases the key nutrients, including B vitamins, C, folate and fiber. They may also be less allergenic to those with grain protein sensitivities. Judy will share some nutritional information on sprouting.

Weekly Exercise Program

Thursday, July 11 and 18 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, July 25th “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>

July Special Coupon

From

Wellness Plus

and the

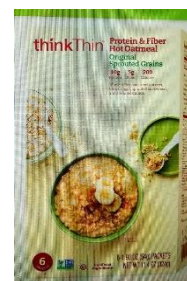
Delaware Bead Society

Be a Winner in July

1. Win this beautiful handmade necklace with magnet and sterling silver if you are the **FIRST NEW** attendee in a July class



2. Win a box of sprouted oatmeal if you bring the **FIRST NEW** attendee to a July class



My Wellness Reward



- Please choose **ONE** of the following 2 options:
 1. Fruit and fruit snacks
 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 July (July 11, 18 and 27). 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.

