

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</u> | <u>Installment</u> |
|----------|---------------|----------------|--------------------|
| Family | \$429 | | \$41 |
| Business | \$449 | | \$43 |

September 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|-----------|-----------|--|-----------|-----------|
| 1 | 2 Center Closed | 3 | 4 | 5 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop | 6 | 7 |
| 8 | 9 6:30 pm Breathing and Yoga Class 7:30 pm Members Forum | 10 | 11 | 12 Center Closed | 13 | 14 |
| 15 | 16 Center closed see external events page | 17 | 18 | 19 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop | 20 | 21 |
| 22 | 23 6:30 pm Breathing and Yoga Class 7:30 pm Natural Healing Workshop | 24 | 25 | 26 Center closed see external events page | 27 | 28 |
| 29 | 30 6:30 pm The Inflammation-Sugar Connection | | | | | |

September 2019

Thursday, September 5 and 19 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, September 9 at 6:30 pm “Exercise 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, Sept. 23rd at 6:30 “Exercise and Natural Healing Workshop”

Exercise with Dr. Demond: gentle yoga, breathing exercises and stretching., followed by Natural Healing Workshop.

Monday, Sept. 30th at 6:30 pm “The Sugar-Inflammation Connection”

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 sugar 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

Weekly Exercise Program

Monday, September 5 and 19 at 6:30 pm Exercise with Zoltan

Our fitness director Zoltan Hall returns for special exercise sessions combined with the levity that only he can provide! Come prepared to exercise, laugh and learn about your muscles and bones.

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>

Be a Winner in September

Win this cute essential oil diffuser PLUS our therapeutic essential oil of orange if you are the **FIRST** new attendee in a September class! It can be hung up anywhere in your home, your car or just wear it as a necklace. Orange oil has an amazing effect to curb stress and ease pain (\$35 total value).



Win this 100% organic buckwheat noodles if you are the first one to bring a new attendee to a September class.



EVENTS IN WILMINGTON TO PROMOTE HEALTHY LIVING

Monday, Sept. 16th 7:30 pm "Movie Night – "Game Changers" at the Regal Town Cinema – forget everything you thought you knew about eating meat. James Cameron, Arnold Schwarzenegger & Jackie Chan present a new film that turns the meat myth on its head. It is about one person's discovery that he found revolutionary for health and the future of the planet. Go to their website or order tickets - \$12.50 + service fee.

Saturday, Sept. 21st 8 AM - 12:30 PM – First Unitarian Church of Wilmington 730 Halstead Rd. at 202 next to Staples – Neal Barnard, Dr. Donohue, Dr. Taylor and Karen Smith present "Kickstart Your Health Wilmington". 8 – 9 AM There will be a healthy breakfast, blood pressure readings, food samples and a way to meet local health experts. 9-11:40, videos stories and presentations followed by Q & A. Free, however registration is required. You can register for the 9/21 event at the link below:
<https://www.pcrm.org/events/kickstart-your-health-wilmington>

Thursday, Sept. 26th at the JCC 101 Garden of Eden Rd. Discussion on Promoting Peace through Compassionate Living doors open at 5:30 –Speakers begin at 6 PM

Sample tasty plant-based foods. Hear from guest speakers, Victoria Moran of Main Street Vegan mainstreetvegan.net and Jeffrey Spitz Cohan of Jewish Veg jewishveg.org who will lead a discussion on the ethical foundations of veganism, the promotion of peace through personal commitment and resulting benefit to personal health, animal welfare and the environment.

Friday, September 27th 6:30 "Eating you Alive" 1 hr. 45 min followed by discussion

A film at the First Unitarian Church 730 Halstead Rd. (at 202 next to Staples Shopping Center)

This film takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food plant-based nutrition to take control of our health – one bite at a time. The team traveled across the country for interviews with the most brilliant medical minds, chefs, bloggers and people who have transformed their lives, including James Cameron, filmmaker and environmentalist, Neal Barnard, T. Colin Campbell, Michael Greger, Joel Fuhrman, Caldwell Esselstyn, Dean Ornish and John McDougall

Saturday, September 28th 12 – 2 at Victory Christian Fellowship 3978 Wilton Blvd. New Castle past New Castle Airport and off of Rt. 13 & 40 Film "A Prayer for Compassion" and discussion with filmmaker Victoria Moran about "Can compassion grow to include all beings?" Calling on all religious and spiritual traditions to come together for respect for all living and non-living beings.