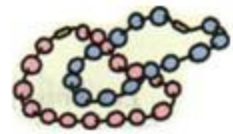




Wellness Plus Delaware



ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 23rd, 2019 at the Wellness Plus Center. Free admission starting at 2:30 pm.

Part 1 - 1pm - Annual Vegan Turkey Dinner

Wellness Plus Members: Bring a vegetarian dish and get free "turkey" and all the trimmings or pay \$10. All others \$22 - registration is required. Call 302-478-3782

2:30pm – 5:00pm Special Speaker, Health Screen and Shop for Less

At 2:30, a special program features Dr. Chuck Powley, who will present a short talk titled "Detox – Your Last Line of Defense in Our Chemical World."

- ✓FREE Bone Density Test
- ✓FREE Body Fat Test
- ✓FREE Blood Pressure Test.
- ✓FREE Immunity Potential Test
- ✓FREE trial and personal consultation with:
 - *Dr. Phil Demond – chiropractor and kinesiologist
 - *Dr. Bob Burg - naprapathist
 - *Dr. Jane Powley – food & lifestyle medicine
 - *Dr. Art Travis – all new breakthrough technology for healing meditation
- ✓All food, essential oils, progesterone cream and other personal care products – 5% off.
- ✓Wellness plus Membership (new and renewals) 5% off.
- ✓All books, 30% off.
- ✓All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example	Rate for 2020	Current rate	Open House Rate - 5% off
Annual	\$439	\$429	\$407.55
Business	\$459	\$449	\$426.55

*partial (monthly) payment also gets 5% off on whatever you pay on this day.

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

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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

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>5</i>	<i>6</i>	<i>7</i> Center Closed	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm “Foot Reflexology Self-Massage”	<i>12</i>	<i>13</i>	<i>14</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 pm “Healing Meditation Workshop”	<i>19</i>	<i>20</i>	<i>21</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>22</i>	<i>23</i> <i>Annual Open House 1-5 pm</i>
<i>24</i>	<i>25</i> Center Closed	<i>26</i>	<i>27</i>	<i>28</i> Center Closed	<i>29</i>	<i>30</i>

November 2019

Thursday, November 14 and 21 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, November 4 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, November 11 at 6:30 “Foot Reflexology Self-Massage”

Presented by Dr. Bob Burg. Massaging your own feet (and family and friends) can make a huge difference in restoring anyone’s health, especially when the affected area is too sensitive to touch or involves internal organs. A health practice thousands of years old, foot massage relieves and strengthens both neurological as well as energetic pathways in your body, and offers you an easy always available way to help your body heal itself. Bring your favorite essential oil along with you to use in class as Bob guides us through how to massage the feet most effectively.

Monday, November 18 at 6:30 pm “Healing Meditation Workshop”

Presented by Dr. Arthur Travis, “Your Neighborhood Chiropractor.” Did you know that there are thousands of studies that have shown mindfulness meditation can positively impact mental and physical health? Whether it’s by reducing stress, anxiety, depression and pain or improving sleep and increasing focus, research shows it works. Come join us to hear a breakthrough technology that makes it possible for anyone to achieve a beneficial meditation experience within minutes that has life-changing implications. Everyone in attendance will have an opportunity to try an introductory 10-minute session to experience how you personally might benefit from this technology.

Saturday, November 23 at 1:00 PM “Annual Vegan Thanksgiving Luncheon”

See attached flyer

Saturday, November 23 at 2:30-5:00 PM “Special Speaker, Health Screen and Shop for Less”

At 2:30, we start with a special program featuring Dr. Chuck Powley, who will give a short presentation on “Detox - Your Last Defense in Our Chemical World.” Afterward, free health screening and bargain shopping will be available until 5 pm. See attached flyer.

Weekly Exercise Program

Thursday, November 14 and 21 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 or email cj.powley@verizon.net. 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 website: <http://www.wellnessplusintl.com>
 and follow us on Facebook: Wellness Plus Delaware

Delaware Bead Society **OPEN HOUSE** Annual Event



Admission: Free
 When: Saturday, November 23rd, 2019 from 2:30 - 5:00
 Where: Wellness Plus Center
 3617 Silverside Road
 Talleyville Center, 2nd floor
 Wilmington, DE 19810
 (302)478-7723
 Directions: www.wellnessplusintl.com or call (302)478-3782
 What: Store wide sale



AT LEAST
50% off




**All beads, all Jewelry, All Feng Shui
 supplies, all craft books and selected
 beading supplies (findings)**



Free "show and tell" - basic beading techniques

See future class samples in person and save \$5 if Prepay class fee. (Regularly \$19) Free Health Screen and consultations (see Wellness Plus Newsletter front page) Free—a bag of beads for everyone who just shows up.

\$	Free – a bag of beads or a piece of beaded jewelry	\$
	As our gift to you No minimum purchase required	
\$	Limit one coupon per customer. Must be present in person and only on 11/23/2019	\$