

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

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	3	4	5 Center Closed	6	7
8	9 6:30 pm "Rediscover Your Inner Gladiator the Whole Food Muscle Way"	10	11	12 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	13	14
15	16 6:30 pm "Let Food be Your Medicine Part 2"	17	18	19 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	20	21
22	23 Center Closed	24	25	26 Center Closed	27	28
29	30 Center Closed	31				

December 2019

Thursday, December 12 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.

Monday, December 2 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, December 9 at 6:30 “Rediscover Your Inner Gladiator the Whole Food Muscle Way”

Bridging the gap between what you want to do and how to do it. Most people know they “should” be doing more exercise, but they can’t seem to get themselves to do it. If you are one of them, this talk is for you. Learn the amazing health benefits of using your muscles, discover exercises you can do at home and understand how to break the cycle of procrastination that keeps you from getting started. **Presented by Dr. Robyn**, a former competitive beach volleyball player turned psychologist with continuing education in nutrition and **Russ**, a former competitive body builder and trainer on the Mr. Olympia Tour. Together they have co-founded the **Whole Food Muscle Club** and written the book, How to Feed a Human.

Monday, December 16 at 6:30 pm “Let Food be Medicine -Your School of Healing by Food” (Part 2- Beyond WFPB)

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do in order to get your desirable healing to take place, or do you just want to jump start with quicker results for reversing any diseases (yes, you read it right, ANY diseases) without side effects? If so, this class is the one you do not want to miss. Presented by Dr. Jane Powley, founder and director of Wellness Plus for 23 years.

Weekly Exercise Program

Thursday, December 12 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 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

December Special Coupon from *Wellness Plus* and the **Delaware Bead Society**

Be a Winner in December

1. Win a \$20 coupon for jewelry and bead purchases if you are the **FIRST** new attendee in any December class. No minimum purchase required.

\$20		Good for any jewelry or bead purchase	\$20
As Our Gift to You			
Must be presented in person before 12/19/2019			
\$20			\$20

2. Win a \$10 coupon for jewelry and bead purchases if you are the one to bring a new attendee for a December class. No minimum purchase required.

\$10		Good for any jewelry or bead purchase	\$10
As Our Gift to You			
Must be presented in person before 12/19/2019			
\$10			\$10