

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—2020

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$439	\$42
Business	\$459	\$44

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Stretching and Yoga Class 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 “Let Food be Your Medicine Part 3”	<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 “Self-Care for the New Year”	<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> 6:30 pm Movie Night – “Live Food, Live Enzymes”	<i>25</i>	<i>26</i>	<i>27</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>28</i>	

February 2020

Thursday, February 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.

Monday, February 3 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, February 10 at 6:30 “Let Food be Medicine -Your School of Healing by Food Part 3 – Live Your WFPB Life to a Whole New Level”

If you have missed our informative part 1 and 2, this class will definitely give you a good catch up. You will learn nature's remarkable gift of food groups deeply rooted in human history that not only provides optimum health and heals the "incurable," but also reverses aging! Come and join us to get the knowledge to regain the vitality and joyful life that you always want. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 24 years.

Monday, February 17 at 6:30 pm “Self-Care for the New Year”

Presented by Dr. Bob Burg. No matter what challenges you are facing – whether structural or organic, chronic or acute – there are always things you can do to help your body heal itself. And even better, there are ways to stay healthy by responding right away in easy effortless ways to small aches and stiffness when they first occur. Whenever you open and relax any area that is complaining, everything in the area starts to calm down and work better. Starting with a class member who wants help with an issue they are currently experiencing, we will cover and practice a variety of simple and comfortable relaxer-sighs to address that part of the body which will help all of us feel better right away.

Monday, February 24 at 6:30 Movie Night - “Live Food, Live Enzymes”

Dr. Joel Robbins shares the importance of eating living foods super-packed with live enzymes for super immunity. A 45-minute video with discussion to follow.

Weekly Exercise Program

Thursday, February 13, 20 and 27 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

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

\$20

Good for any Wellness Plus class admission in February 2020

Happy Valentine's Gift to You

Must register in advance by calling 302-478-3782 or email cj.powley@verizon.net

For all classes visit www.wellnessplusintl.com

\$20



For Bead Lovers:

This coupon can be redeemed for \$20 worth of beads or jewelry if you choose to pay for a class (\$7.50 to \$20 per class depending on the length of the class and method of payment). Best deal: choose a one-hour class and prepay \$7.50 then redeem this coupon for \$20 worth of beads and jewelry!