

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

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> <i>Center Closed</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>9</i> <i>Center Closed</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> 6:30 pm “The Science Behind Essential Oils”	<i>14</i>	<i>15</i>	<i>16</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm “Self-Care for the New Year”	<i>21</i>	<i>22</i>	<i>23</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>24</i>	<i>25</i> <i>2-4 pm Bead Social</i>
<i>26</i>	<i>27</i> 6:30 pm Support Group – “Weight Loss and a Whole Food Plant-Based Diet”	<i>28</i>	<i>29</i>	<i>30</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop	<i>31</i>	

January 2020

Thursday, January 16, 23 and 30 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.

January 16 My Secret January 23 Eucalyptus January 30 Peppermint

Monday, January 6 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, January 13 at 6:30 “The Science Behind Essential Oils”

We have been enjoying the essential oils for many years. But have you wondered about how they are made, what is in them and how they work? We will learn all of this, plus other useful information like how do high quality and low-quality oils differ, how do we know which oils are good enough for our health conditions, and why there are so many different single oils and blends. Presented by Dr. Chuck Powley, who has studied and analyzed natural products for many years.

Monday, January 20 at 6:30 pm “Self-Care for the New Year

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, January 27th at 6:30 Support Group Meeting “Weight Loss and a Whole Food Plant Based Diet”

This is a FREE class open to all that are interested in a discussion on how what you eat, especially whole natural foods without animal products, processed foods, sugar or added oil can help you feel good and lose weight. How can we avoid those “pleasure trap foods” as well as lose that craving for fatty and salty foods? There are so many ideas for explore. Wellness Plus Certified Educators will be here to answer all of your questions. We can even help those who are already on a WFPB diet and still have problems with weight issues! Come join us.

Weekly Exercise Program

Thursday, January 16, 23 and 30 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

Saturday, January 25th 2-4 pm “Bead Social – Let Arts and Crafts Heal You” Free admission for all!

Let beading crafts be your medicine – they may help prevent, minimize or manage stress and even depression. Bring your projects, questions, ideas, beads and tools or just yourself to this event. Learn more beading skills while making friends. We will not only provide a skilled teacher to do show and tell but also have the following simple project for you to practice:

Five Feng Shui Element Stone Bracelet. Did you know that the Five Element Stones provide natural health and balance your body’s five most vital organs? They will provide healing and energy to your heart, liver, kidneys, lungs and GI system. If you make this bracelet yourself, all good fortune and happiness will be on YOUR way!

Space is limited so please register ASAP by calling 302-478-3782 or email cj.powley@verizon.net.

Directions-

www.wellnessplusintl.com/contact/contact.htm

