



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-7723

Wellness Plus Delaware invites you to attend *“The Miracle of Green Tea”*

On: Monday, March 9th, 2020 at 6:30 PM

At: 3617 Silverside Road

This is open to the public free of charge - everyone is welcome.

Reservation requested – call 302-478-7723

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. (The 10% discount (54¢/cup* vs 60¢/cup*) is only good that night.)

Topics to be covered:

1. Therapeutic green tea vs commercial green tea
2. Green tea and weight loss
3. Green tea and cardiovascular recovery
4. Green tea and cancer recovery
5. Green tea and diabetic recovery
6. Green tea and mental health
7. Green tea and longevity

And more

FREE SEMINAR

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*Members prices

Get New Tea at 10% Off (53¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2020

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 9), will we guarantee that you get your order from the first shipment. If you come to our March 9, 2020 class and order in person, you will also get 10% off your order.

Your 2020 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

| <i>Member</i> | | | | <i>Non-Member</i> | | | |
|---|---------|-----|--------------|---|-------|-----|--------------|
| Size | Price | Qty | Dollar Total | Size | Price | Qty | Dollar Total |
| Bags (30-day supply, 4 cups/day equivalent) | \$72.50 | | | Bags (30-day supply, 4 cups/day equivalent) | \$97 | | |

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (60¢/cup*, before 10% off) than McDonald's (black tea at \$1.18/cup)

*Members prices

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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—2020

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

March 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|-----------|-----------|--|-----------|---|
| <i>1</i> | <i>2</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum | <i>3</i> | <i>4</i> | <i>5</i> Center Closed | <i>6</i> | <i>7</i> |
| <i>8</i> | <i>9</i> 6:30 pm “The Miracle of Green Tea” | <i>10</i> | <i>11</i> | <i>12</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop | <i>13</i> | <i>14</i> |
| <i>15</i> | <i>16</i> 6:30 pm “What You Need to Know About Viral Diseases” | <i>17</i> | <i>18</i> | <i>19</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop | <i>20</i> | <i>21</i> Bead Society 2-4 PM |
| <i>22</i> | <i>23</i> 6:30 pm “Soy – Good or Bad?” | <i>24</i> | <i>25</i> | <i>26</i> 6:30 pm Exercise with Zoltan 7:30 pm Natural Healing Workshop | <i>27</i> | <i>28</i> |
| <i>29</i> | <i>30</i> 6:30 pm “Soy Potluck” | <i>31</i> | | | | |

March 2020

Thursday, March 12, 19 and 26 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, March 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, March 9 at 6:30 “The Miracle of Green Tea”

Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center.

Monday, March 16 at 6:30 pm “What You Need to Know About Viral Diseases”

Should we be more concerned about the coronavirus or common influenza? What do these diseases have in common and how are they different? What should we be doing to prevent getting them and if we catch them, how do we increase the chances of getting a mild case? What about vaccinations – who should or should not get one and do they really work? Whatever happened to that bird flu that scared us so much? Learn how to guard you and your family and get through even a really bad pandemic. Presented by Dr. Chuck Powley

Monday, March 23 at 6:30 “Soy, Good or Bad?”

Judy Filipkowski will present information on the value of consuming whole soy foods like tofu, edamame and miso and which ones to avoid. We can enjoy traditional soy foods and avoid the processed products.

Monday, March 30th at 6:30 “Soy Potluck”

Bring a sample of your favorite soy food and the recipe for us all to share. To help reduce plastic and paper, bring your own utensils and plate if you wish to!

Weekly Exercise Program

Thursday, March 12, 19 and 26 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, March 21st 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 Earrings (matches the bracelet made in the January class). 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 pair of earrings 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

