

Dear Wellness Plus Members and Friends -

Thank you for continuing to have faith in our Wellness Plus philosophy and sticking with Wellness Plus healthy lifestyles.

According to the current state Covid-19 mandates, "exercise facilities" may be open but we still cannot have any "meetings." We have therefore adjusted our plan for June as follows: exercise classes will be held on every Thursday (including the Thursday after the first Monday) from 6:30 to 7:30pm, followed by store hours from 7:30 to 8:30 pm. All Monday night events are still cancelled.

Please note that we continue to offer each Wellness Plus member household the opportunity to place one order each month by phone or email and we will ship it to you free of charge. The only product we are not able to ship are the frozen cherries, which you may come to pick up during store hours. Additional orders in each calendar month will include shipping charges. You can visit our website for product and price lists at <http://wellnessplusintl.com/wp-content/uploads/2020/04/Wellness-Plus-Price-List-4-9-2020.pdf>.

We also want to give you another piece of good news. We are offering another face mask free for each Wellness Plus member household. Chuck's loving mother made a group of different face masks that you secure with attached ties instead of the ear loops. They can be picked up any Thursday night or can be shipped to you with your next order.

Please continue your good work to protect yourself and your families. We are very confident that our Wellness Plus members are all intelligent, disciplined and most importantly have lots of common sense. We are loving, strong and independent thinkers in our society. Together we will get through any difficult times.

Please do not hesitate to contact us if you need any additional help.

Best Regards,  
Chuck and Jane Powley  
Wellness Plus Delaware

# *Wellness Plus Delaware*

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://www.wellnessplusintl.com)

3617 Silverside Road Talleyville Center 2nd floor


Wilmington, DE 19810

302-478-7723

<p><b><u>STORE HOURS</u></b></p> <p>1. Monday: 30 min. before &amp; 30 min. after program</p> <p>2. 15 min. before &amp; after exercise class or</p> <p>3. By appointment Call 302-478-3782</p>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr</p> <p>All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><b><u>MEMBERSHIP—2020</u></b></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Annual</u></td> <td style="text-align: center;"><u>Monthly Installment</u></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$439</td> <td style="text-align: center;">\$42</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$459</td> <td style="text-align: center;">\$44</td> </tr> </table>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$439	\$42	Business	\$459	\$44
	<u>Annual</u>	<u>Monthly Installment</u>								
Family	\$439	\$42								
Business	\$459	\$44								


## June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i> Exercise 6:30-7:30 Store Open 7:30-8:30	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> <i>Center Closed</i>	<i>9</i>	<i>10</i>	<i>11</i> Exercise 6:30-7:30 Store Open 7:30-8:30	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> <i>Center Closed</i>	<i>16</i>	<i>17</i>	<i>18</i> Exercise 6:30-7:30 Store Open 7:30-8:30	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i> <i>Center Closed</i>	<i>23</i>	<i>24</i>	<i>25</i> Exercise 6:30-7:30 Store Open 7:30-8:30	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> <i>Center Closed</i>	<i>30</i>				



## How Wellness Plus Green Tea Helps During COVID-19 Outbreak


- Contains more *catechins* than any other foods
  - Catechins are one of the most potent antioxidants that can be found in foods
- Catechins and other polyphenols in green tea very effectively neutralize free radicals and selectively seek out and destroy cancer cells!
- Also contains the highest levels of alkalizing minerals.



Total Polyphenol (antioxidant) content (mg/ 100 g)	
<b>Young Food</b> Wellness Plus green tea 	<b>17,600 mg</b> (17,100 % more) <b>= 171 apples</b>
<b>Mature Food</b> Apple (average of 15 varieties) 	<b>103 mg</b>

## It Is Whole Food Green Tea

To answer the question many of you have asked about why we -- at Wellness Plus -- have to carry our own Green Tea, the reason is : there is literally NO tea in the market can meet our WHOLE FOOD standards. To qualify, first it has to be food, not just drink; then it has to be Whole Food: ALL tea in the market are beverages and have been fire roasted (not raw). Wellness Plus Green Tea is the only raw tea that is truly a Whole Food Green Tea!



**Wellness Plus Delaware**  
1 hr · 🌐

Look what our Wellness Forum President Dr. Pam Popper has to say about green tea: There are no magic food except green tea! 🍵🍵🍵


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Get Infor **MED Weekly**  
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**Next Free Workshop!**

**Green Tea & Cancer**  
Thursday, September 8th, 9:00 PM ET



While Dr. Popper says there are no magical foods, the one possible exception is green tea. There are over 1,800 articles in medical journals showing the effect of ONE green tea polyphenol on cancer. Learn how green tea can be part of a cancer prevention and treatment strategy.

Call the office (614-841-7700) to register and to obtain the call-in number and pass code.

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