

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

<p><u>STORE HOURS</u></p> <ol style="list-style-type: none"> 1. Monday: 30 min. before & 30 min. after program 2. 15 min. before & after exercise class or 3. By appointment Call 302-478-3782 	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><u>MEMBERSHIP—2020</u></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
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Family	\$439	\$42								
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August 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> <i>Center Closed</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> <i>Center Closed</i>	<i>11</i>	<i>12</i>	<i>13</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Support Group	<i>18</i>	<i>19</i>	<i>20</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> <i>Center Closed</i>	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> 6:30 pm Let Food Be Your Medicine Part 2					

August 2020

Thursday, August 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, August 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, August 17 at 6:30 “Support Group”

Do you feel frustrated by this “endless” pandemic? Are you stressed out with managing any physical and/or mental issues in these challenging times? Do not struggle alone. You have your Wellness Plus family. We are all in this together! Please come to this support group meeting and share your concerns, ask questions, and listen to each other. Love will connect us and together we will be able to get through anything!

Monday, August 31 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, August 13, 20 & 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