

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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October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>6</i>	<i>7</i>	<i>8</i> Center Closed	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> 6:30 pm Let Food Be Your Medicine Part 3	<i>13</i>	<i>14</i>	<i>15</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> 6:30 pm Love Your Plants	<i>20</i>	<i>21</i>	<i>22</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i> 6:30 pm Water – Our Most Important Nutrient	<i>27</i>	<i>28</i>	<i>29</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>30</i>	<i>31</i>

October 2020

Thursday, October 1, 15, 22 and 29 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, October 5 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, October 12 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 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, October 19 at 6:30 pm “Love Your Plants”

Fiber only comes from plants. Fiber is a lifestyle that keeps our gut and brain healthy. Our gut is our digestive system and much more. A healthy gut needs many kinds of plants. Listen and feed your brain! Lecture by Judy Filipkowski, Certified WFPB Educator

Monday, October 26th at 6:30 pm “Water – Our Most Important Nutrient”

Many illnesses and health issues arise simply because people do not drink enough water, especially “quality” water. Instead, they consume many other beverages that contain sugar, caffeine and many other chemicals, and still become dehydrated. In this informative talk, we will learn about how much water we need each day and what you can do to obtain plentiful supplies of good-tasting and safe water without spending lots of money. We will also learn about some of the misinformation there is about very expensive water treatment systems that are high maintenance and produce water of questionable quality. Presented by Dr. Chuck Powley.

Weekly Exercise Program

Thursday, October 1, 15, 22 & 29 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