

# 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
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## September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> <b>Center Closed</b> Labor Day	<i>8</i>	<i>9</i>	<i>10</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>15</i>	<i>16</i>	<i>17</i> <b>Center Closed</b>	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm Sunshine, Vitamin D and Covid	<i>22</i>	<i>23</i>	<i>24</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> 6:30 pm How to Survive Covid Time with a Smile	<i>29</i>	<i>30</i>			

## September 2020

### **Thursday, September 3, 10 and 24 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, September 14 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, September 21 at 6:30 “Sunshine, Vitamin D & Covid”**

The importance of sunshine has been proven throughout history to improve health. UV light has been proven to kill viruses. Sunshine provides us with Vitamin D. Scientists have found low Vit. D = higher rates of Covid-19. We will go over many aspects of sunshine and its value. Presented by Judy Filipkowski, Certified Wellness Educator.

### **Monday, September 28 at 6:30 pm “How to Survive Covid Time with a Smile”**

These circumstances are certainly testing everyone. So, let us explore simple everyday ways to lift our spirits, creatively fill our time, generously engage with everyone, and especially keep our sense of humor and purpose. Extra credit if you bring along a favorite joke....or quote.... or light-hearted story to share. Presented by Dr. Bob Burg

## Weekly Exercise Program

### **Thursday, September 3, 10 and 24 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](mailto: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