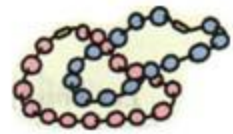




Wellness Plus Delaware



ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 21st, 2020 at the Wellness Plus Center. Free admission. **FACE MASKS AND SOCIAL DISTANCING REQUIRED**

Part 1 – 1:30 pm

Wellness Plus Members: Free special vegan Thanksgiving sampler (preregistration required)
Non-members: Free handmade facemask and jewelry/beads

Part 2 – 2 pm “Do not fear this coming winter – take control of your defenses”

Special speaker: Dr. Chuck Powley. Learn what you can do to (1) avoid getting Covid-19 and influenza and (2) ensure that if you do get it, the illness is mild and short! *Presented live and via ZOOM – register and request a meeting link!*

Part 3 3:00pm – 5:00pm Health Screen and Shop for Less

- ✓FREE Bone Density Test
- ✓FREE Body Fat Test
- ✓FREE Blood Pressure Test.
- ✓FREE Immunity Potential Test
- ✓FREE trial and personal consultation with:
 - *Dr. Phil Demond – chiropractor and kinesiologist
 - *Dr. Bob Burg - naprapathist
 - *Dr. Jane Powley – food & lifestyle medicine
 - *Shirley Rineer, RN – healing by essential oils
- ✓All food, essential oils, progesterone cream and other personal care products – 5% off.
- ✓Wellness plus Membership (new and renewals) 5% off.
- ✓All books, 10% off.
- ✓All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example	Rate for 2021	Current rate	Open House Rate - 5% off
Annual	\$449	\$439	\$417.05
Business	\$469	\$459	\$436.05

*partial (monthly) payment also gets 5% off on whatever you pay on this day.

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

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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</u>	<u>Installment</u>
Family	\$439		\$42
Business	\$459		\$44

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	3	4	5 <i>Center Closed</i>	6	7
8	9 6:30 pm Got Milk?	10	11	12 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	13	14
15	16 6:30 pm True Healing – Wisdom of 5000 Years part 1	17	18	19 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	20	21 1:30 – 5:30 pm Annual Open House
22	23 <i>Center Closed</i>	24	25	26 <i>Center Closed</i>	27	28
29	30 6:30 pm True Healing – Wisdom of 5000 Years part 2					

November 2020

Thursday, November 12 and 19 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. Presented by Shirley Rineer

Monday, November 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, November 9 at 6:30 “Got Milk?”

Drinking milk is as American as Mom & apple pie. Why have we been told milk is healthy? It is the Dairy Industry and the Government. Learn the truth of why it is so unhealthy. Discover all the wonderful ways to receive the nutrients and calcium we need. Presented by Judy Filipkowski

Monday, November 16 and 30 at 6:30 pm “True Healing – Wisdom of 5,000 Years”

You might not have tried Chinese herbal medicine or had acupuncture. Here you can learn some very practical holistic approaches based on 5,000 years of real life “tests” in Chinese medicine, from how to self-diagnose some of the most common roots of disease symptoms to how to choose the most powerful foods to heal that troubled organ. The focus will be on the roots of the cause. After all, you are THE best doctor for you! Presented by Dr. Jane Powley, native Chinese with 33 years of holistic healing studies in both China and the United States.

Saturday, November 21 at 1:00 PM “Annual Open House”

1:30 pm Part One Members only – sign up now for a special Thanksgiving “take out” sampler
2:00 pm Part Two – Everyone is welcome to register for a lecture by Dr. Chuck Powley
3:00 – 5:00 pm Open House SEE FLYER

Weekly Exercise Program

Thursday, November 12 and 19 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 OPEN HOUSE Annual Event



Admission: Free
 When: Saturday, November 21st, 2020 from 3:00 - 5:00 pm
 Where: Wellness Plus Center
 3617 Silverside Road
 Talleyville Center, 2nd floor
 Wilmington, DE 19810
 (302)478-7723
 Directions: www.wellnessplusintl.com or call (302)478-3782
 What: Store wide sale



AT LEAST
50% off




All beads, all Jewelry, All Feng Shui supplies, all craft books and selected beading supplies (findings)



Free "show and tell" - basic beading techniques

Free Health Screen and consultations (see Wellness Plus Newsletter front page)

Free—a bag of beads or beaded jewelry for everyone who just shows up.

\$	Free – a bag of beads or a piece of beaded jewelry	\$
	As our gift to you No minimum purchase required	
\$	Limit one coupon per customer. Must be present in person and only on 11/21/2020	\$