

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

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

December 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> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> Center Closed	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Covid-19 – Brigitte Blanco	<i>15</i>	<i>16</i>	<i>17</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> Center Closed	<i>22</i>	<i>23</i>	<i>24</i> Center Closed	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> Center Closed	<i>29</i>	<i>30</i>	<i>31</i> Center Closed		

December 2020

Thursday, December 3 and 17 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, December 7 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, December 14 at 6:30 “COVID 19 - What have we learned since the beginning and how do we move forward?”

Presented by Brigitte Blanco, certified Wellness Educator from Philadelphia, PA. Brigitte will present her own thoughts and insights, based on the latest data from the US and other countries, about the transmission, actual danger, preventive measures and insights into vaccine development followed by a question and answer session.

Brigitte started out with graduate degrees in Social Work and Early Childhood Education in Nuremberg, Germany as well as Medical Social Work (University of Pennsylvania). In the last 20 years, she has successfully integrated the promotion of health relying on scientific information as well as nutrition and lifestyle choices.

Brigitte comes from a family with a strong history of diabetes and other diseases. She has turned to health-promoting nutrition and lifestyle to prevent weight gain and the development of diabetes. Learning that nutrition has a far greater impact on the development of degenerative diseases than genetics made a huge difference in her own life and the life of her clients.

While Brigitte and her family thought they were already healthy, the intense training in nutrition and lifestyle resulted in yet more positive changes – physical changes associated with “ageing”, such as arthritis and increased difficulty in staying at a healthy weight responded amazingly well to making a few more changes in the family eating patterns. Together with her clients, she is affirming the positive results of a health-promoting diet as medications become unnecessary and energy returns for those that take an active role in defying genetics.

Weekly Exercise Program

Thursday, December 3 and 17 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