

# 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

### 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 Installment</u>
Family	\$449	\$43
Business	\$469	\$45

## February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 6:30 pm Exercise 7:30 pm Members Forum	<b>2</b>	<b>3</b>	<b>4</b> <i>Center Closed</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 6:30 pm Support Group Meeting – How Are You Coping?	<b>9</b>	<b>10</b>	<b>11</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> 6:30 pm It's a Disaster, Are You Prepared?	<b>16</b>	<b>17</b>	<b>18</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> 6:30 PM Selling Sickness and Unhealthy Food for Profit	<b>23</b>	<b>24</b>	<b>25</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>26</b>	<b>27</b>
<b>28</b>						

## February 2021

### **Thursday, February 11, 18 and 25 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, February 1 at 6:30 pm “Exercise and Member’s Forum”**

**Fitness director Zoltan Hall** will be leading us through our exercises tonight, strength and stretch! 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, February 8 at 6:30 “Support Group Meeting - How Are You Coping?”**

How have we managed this past year? How can we and have we helped each other? What has worked? We support each other in many ways. This is an evening to discuss all of this.

### **Monday, February 15 at 6:30 pm “It’s a Disaster, Are You Prepared?”**

There are many emergencies that occur from hurricanes and floods to a very unexpected pandemic. How do we prepare our house, our cupboard and ourselves? Judy Filipkowski will share proven techniques for preparations and preventions, from having a stocked pantry to a 3-day supply of food and supplies.

### **Monday, February 22 at 6:30 pm “Selling Sickness and Unhealthy Food for Profit, How Some Big Business Affects America’s Health”**

Part 1 – Selling Sickness – The ads are everywhere. Every minor inconvenience these days is marketed as a medical syndrome, treatable with some new wonder drug. “Ask your doctor if \_\_\_ fill in the blank \_\_\_ is right for you.” Come hear a summary of two authors’ research documenting big pharma’s concerted campaign to make everyone a lifelong customer. March 22, Part 2 – “Unhealthy Food for Profit” Presented by Dr. Bob Burg.

## **Weekly Exercise Program**

### **Thursday, February 11, 18 and 25 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