



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-3782

Wellness Plus Delaware invites you to attend
*“Let Green Tea be Our Medicine in
Covid Time”*

On: Monday, March 8th, 2021 at 6:30 PM

At: 3617 Silverside Road

**This is open to the public free of charge - everyone is welcome.
Reservation requested – call 302-478-3782 or email cj.powley@verizon.net**

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. (The 10% discount (54¢/cup* vs 61¢/cup*) is only good that night.)

Topics to be covered:

The latest research on why you should use whole food green tea to protect yourself in a pandemic, and how green tea can help you by:

- Boosting your immunity, thereby preventing viral infections in the first place,
- Enhancing your body’s alkalinity so that viruses will be substantially inactivated and even killed,
- Reducing the body’s oxidative stress, decreasing recovery time and severity of symptoms even if you are already infected with Covid-19.

Come to learn all the above AND how to obtain the maximum benefit from this miracle food!

FREE SEMINAR

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*Members prices

Get New Tea at 10% Off (54¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2021

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 8), will we guarantee that you get your order from the first shipment. If you come to our March 8, 2021 class and order in person, you will also get 10% off your order.

Your 2021 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

<i>Member</i>				<i>Non-Member</i>			
Size	Price	Qty	Dollar Total	Size	Price	Qty	Dollar Total
Bags (30-day supply, 4 cups/day equivalent)	\$73.00			Bags (30-day supply, 4 cups/day equivalent)	\$97		

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (61¢/cup*, before 10% off) than McDonald's (black tea at \$1.18/cup)

*Members prices

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

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30 pm Exercise 7:30 pm Members Forum	2	3	4 <i>Center Closed</i>	5	6
7	8 6:30 pm Green Tea	9	10	11 Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	12	13
14	15 6:30 pm Boost Your Mood and Energy	16	17	18 Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	19	20
21	22 6:30 pm Selling Sickness and Unhealthy Food for Profit Part 2	23	24	25 Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	26	27
28	29 6:30 pm Be Your Own Chef	30	31			

March 2021

Thursday, March 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, March 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, March 8 at 6:30 “Green Tea”

Presented by Dr. Jane Powley. Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center.

Monday, March 15 at 6:30 pm “Boost Your Mood and Energy”

Zoltan Hall will present: Staying cheerful and energized is as easy as easy 1, 2, 3 and a, b, c. Join Zoltan as we explore the amazing effects of stretching and exercise and how they impact your mood and energy. Learn simple moves that will leave you feeling refreshed and with a positive attitude.

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

Part 2 – Unhealthy Food for Profit. Many Agri-business and food distributors are doing their best to monopolize the entire food chain to make as much profit as possible. We all know the benefits of buying organic, fresh and unprocessed food. But have you ever thought about the ecology and economics involved in our choices? Beyond nutritional impact, this class covers all sorts of unexpected consequences we rarely think about. Presented by Dr. Bob Burg.

Monday, March 29th at 6:30 pm “Be Your Own Chef”

Presented by Sarah Conrad. This class will help you learn how and why you should make your own meals. We will discuss easy ways to make healthy meals. As well as techniques and time saving methods that anyone can use to make healthy food at home. A delicious food sample will be provided to those attending. A donation to Sarah would be appreciated to cover the cost of the food.

Weekly Exercise Program

Thursday, March 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. 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