

# 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

## April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> 6:30 pm Exercise 7:30 pm Members Forum	<b>6</b>	<b>7</b>	<b>8</b> <i>Center Closed</i>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> 6:30 pm Brainstorming	<b>13</b>	<b>14</b>	<b>15</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> 6:30 pm Preventing Alzheimers	<b>20</b>	<b>21</b>	<b>22</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> 6:30 pm Food Processing – What is Okay and Not Okay?	<b>27</b>	<b>28</b>	<b>29</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>30</b>	

## April 2021

### **Thursday, April 1, 15, 22 & 29 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, April 5 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, April 12 at 6:30 “Brainstorming”**

What Happens When Your Doctor Can’t Find Out What’s Wrong with You, but you still have symptoms, what do you do? The tests are fine! Come join us to discuss and brainstorm this though provoking question and get immediate feedback from others on how they have dealt with this situation.

### **Monday, April 19 at 6:30 pm “Preventing Alzheimer’s”**

What can you do? We will discuss how to maintain a sharp mind with food, exercise, mental challenges to NOT get this and reduce your risk. Sources include “Power Foods for the Brain” by Neal Barnard, M.D. & “Fiber Fueled” by Will Bulsiewicz, M.D. Presented by Judy Filipkowski.

### **Monday, April 26 at 6:30 pm “Food Processing – What is Okay and Not Okay?”**

The motto of Wellness Plus is “Let Food Be Your Medicine”. Yes, it is true that certain foods can help you improve your health and, of course, we know that certain foods can negatively affect your health as well. Not only that, but how foods are processed and prepared by both the manufacturer and consumer are critical as well. But why? What do we know and what don’t we know about how foods affect our bodies? What can WE do to get the most benefits out of the foods we choose to eat? Presented by Dr. Chuck Powley.

## **Weekly Exercise Program**

### **Thursday, April 1, 15, 22 & 29 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