

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

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| <p><u>STORE HOURS</u></p> <p>1. Monday: 30 min. before & 30 min. after program</p> <p>2. 15 min. before & after exercise class or</p> <p>3. By appointment Call 302-478-3782</p> |
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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—2021

| | <u>Annual</u> | <u>Monthly Installment</u> |
|----------|---------------|----------------------------|
| Family | \$449 | \$43 |
| Business | \$469 | \$45 |

June 2021

| 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 Exercise 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 Let Food Be Your Medicine Part 2 | <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> 6:30 pm Movie Night "Forks Over Knives" | <i>22</i> | <i>23</i> | <i>24</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30 | <i>25</i> | <i>26</i> |
| <i>27</i> | <i>28</i> 6:30 pm Keep Your Digestive System Healthy Part 2 | <i>29</i> | <i>30</i> | | | |

June 2021

Thursday, June 3, 17 and 24 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, June 7 at 6:30 pm “Exercise and Member’s Forum”

Fitness director Zoltan Hall will be leading us through our exercises tonight, strength and stretch! **NEW! Bring leg weights!** 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, June 14 at 6:30 “Let Food be Medicine -Your School of Healing by Food” (Part 2- Beyond WFPB)”

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do to get your desirable healing to take place, or do you just want to jump start with quicker results for reversing any diseases (yes, you read it right, ANY diseases) without side effects? If so, this class is the one you do not want to miss! Presented by Dr. Jane Powley, founder and director of Wellness Plus for 23 years.

Monday, June 21 at 6:30 pm “Forks Over Knives”

Award winning video that traces the journey of Dr. T. Colin Campbell and Dr. Caldwell Esselstyn that showed their research concluding most diseases can be reversed and prevented by adopted a Whole Food Plant Based Diet. 96 minutes. Bring your popcorn!

Monday, June 28 at 6:30 pm “Keep Your Digestive System Healthy, Naturally Part 2”

In Part 2 of this series we will learn more about keeping our digestive system healthy the natural way, especially as we age. Did you know that you are NOT what you eat, but what you absorb? The focus will be on the very important lower digestive system, where the nutrients that are essential to you are selected for use and toxic wastes are eliminated. Learn what you can do to make this extremely critical process work at the optimum level without resorting to surgery or drugs. Presented by Dr. Chuck Powley.

Weekly Exercise Program

Thursday, June 3, 17 and 24 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. Bring leg weights or a stretchy band.

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

Press Release

Wellness Plus Delaware Receives 2021 Best of Wilmington Award

WILMINGTON May 1, 2021 -- Wellness Plus Delaware has been selected for the 2021 Best of Wilmington Award in the Holistic Medicine Practitioner category by the Wilmington Award Program.

Each year, the Wilmington Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Wilmington area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2021 Wilmington Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Wilmington Award Program and data provided by third parties.

About Wilmington Award Program

The Wilmington Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Wilmington area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value. The Wilmington Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

