

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

<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>

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

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>4</i>	<i>5</i>	<i>6</i> <i>Center Closed</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm How to Cook Without Oil	<i>11</i>	<i>12</i>	<i>13</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Let Food Be Your Medicine Part 1	<i>18</i>	<i>19</i>	<i>20</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> 6:30 pm Keep Your Digestive System Healthy Part 1	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> <i>Center Closed</i>					

May 2021

Thursday, May 13, 20 and 27 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, May 3 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, May 10 at 6:30 “How to Cook Without Oil”

Oil is a highly processed food and not even qualified as food, according to Dr. Joel Robbins. However, there are no health benefits to it, and it can even cause medical issues. After this presentation, you will know how to prepare any food without the use of oil. A tasty, oil-free dish will be served. Presented by our Wellness Plus chef Sarah Conrad. A donation to Sarah would be appreciated to cover the cost of food.

Monday, May 17 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food” Part One”

This is a complete updated review of whole food, plant-based nutrition. You will learn the “how and why” related to the concept of “Let Food be Your Medicine and Medicine be Your Food”. If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course you do not want to miss. Presented by Dr. Jane Powley, Founder and Director of Wellness Plus Delaware for 24 years.

Monday, May 24 at 6:30 pm “Keep Your Digestive System Healthy, Naturally Part 1”

Are you one of the really smart Americans who would rather not buy prescription and/or over-the-counter drugs to “cure” heartburn? You know that these drugs treat only the symptoms, and not the cause! You want to know those natural, non- drug solutions to improve your digestive system. Come and learn the shocking truths behind the drug therapy, and more importantly, some easy and much less expensive ways to regain a healthy digestive system, even after years of recurring gastrointestinal discomfort. Presented by Dr. Chuck Powley.

Weekly Exercise Program

Thursday, May 13, 20 and 27 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