

# 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

<p><b><u>STORE HOURS</u></b></p> <p>1. Monday: 30 min. before &amp; 30 min. after program</p> <p>2. 15 min. before &amp; 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

## July 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> <i>Center Closed</i>	<b>6</b>	<b>7</b>	<b>8</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> 6:30 pm Exercise 7:30 pm Members Forum	<b>13</b>	<b>14</b>	<b>15</b> <i>Center Closed</i>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> 6:30 pm Easy, Breezy Outdoor Vegan Eating	<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 No More Pain Killers	<b>27</b>	<b>28</b>	<b>29</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<b>30</b>	<b>31</b>

## July 2021

### **Thursday, July 1, 8, 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, July 12 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, July 19 at 6:30 “Easy, Breezy Outdoor Vegan Eating”**

This class will show you how to make easy plant based meals outdoors. You will learn how to create an easy, delicious recipe which will served during the class. Presented by Sarah Conrad. A donation to Sarah would be appreciated to cover the cost of the food.

### **Monday, July 26 at 6:30 pm “No More Pain Killers”**

Any soreness or pain you experience (whether in body, heart, mind, and/or spirit) comes from the cumulative strain and unconscious habits of day-to-day life you’ve fallen into to cope as best you can. We will explore how to welcome symptoms as good friends asking you to pay attention to what they are inviting (or insisting) you to look at. Then let’s explore a variety of simple, gentle, practical alternatives – physically, emotionally, and mentally – to help you loosen those tightening knots and restore greater ease and health everywhere in your life. Presented by Dr. Bob Burg.

## Weekly Exercise Program

### **Thursday, July 1, 8, 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. Bring leg weights or a stretchy band.

**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