

# 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

<u>STORE HOURS</u>
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—2021

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

## August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>3</i>	<i>4</i>	<i>5</i> <i>Center Closed</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> <i>Center Closed</i>	<i>10</i>	<i>11</i>	<i>12</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> <i>Center Closed</i>	<i>17</i>	<i>18</i>	<i>19</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i> <i>Center Closed</i>	<i>24</i>	<i>25</i>	<i>26</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>27</i>	<i>28</i> <b>Bead Society 2-5 pm</b>
<i>29</i>	<i>30</i> <i>Center Closed</i>	<i>31</i>				

## August 2021

**NOTE: For August, we are open just the  
1<sup>st</sup> Monday (8/2) and then Thursday 8/12, 19 and 26**

### **Thursday, August 12, 19 and 26 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, August 2 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.*

## Weekly Exercise Program

### **Thursday, August 12, 19 & 26 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

## **Delaware Bead Society**

*Bead Store Hours: 2-5 pm on Saturday, August 28. Many items will be for sale at 50% off.*

### **Event #1 Saturday, August 28 2-4 pm “Virus Away Essential Oil Diffuser”**

These are made with all-natural seashells and 100% organic pearls. You will not only learn how to make a necklace with a lobster clasp, but also the skill of knotting pearls and beads! You will also get 10% off on Wellness Plus therapeutic essential oils as a class bonus! Come to have fun and work with us. \$12 – class fee if paid in advance + supplies

\$19 – class fee at door + supplies

Kits can be purchased at \$12 each or bring your own supplies (you will need “big eye” pearls and a shell vase with a hole for this project).

Call 302-478-3782 or e-mail - [cj.powley@verizon.net](mailto:cj.powley@verizon.net).

Directions- [www.wellnessplusintl.com/contact/contact.htm](http://www.wellnessplusintl.com/contact/contact.htm)



## **Event #2 Saturday, August 28 3-5 pm**

All seashells and big eye pearls will be 50% off.

### **Introducing MY SECRET Essential Oil**

#### *The History of Germ Killing-Preventing Essential Oils and the Formula Upon Which My Secret is Based*

The history and healing of germ killing-preventing essential oils is an interesting tale! While there are a few versions of the story they all center around one event, the Bubonic Plague. It is said that, during that time, four thieves went from house to house to rob those who had succumbed to the illness. Yet, somehow a fearless band of thieves ran rampant, handling and robbing plague victims and their graves of all their jewelry and valuables. Unbelievably, the thieves never caught the highly contagious disease themselves. It turns out that these were no ordinary thieves. They were spice traders and perfumers who often traveled the Silk Road. Their knowledge of essential oils and spices taught them the exact oils to apply onto their bodies to protect themselves from the plague.

After the thieves were captured and tried for their acts of robbery, a judge offered leniency if they would share how they were able to be around those afflicted long and often enough to rob them but not be affected by the illness. The public's insistence led the judge to strike a deal with the thieves. Would they reveal the secret that protected them from the plague in exchange for a lighter sentence? The thieves took the deal. Luckily, their recipe was recorded in the court records. It's interesting to note here that, during this time of the plague striking Europe, physicians were seen wearing long black robes, wide brimmed hats, and masks that appeared to have a beak. The reason for doing this is that the masks were said to have contained a combination of herbs, spices, and essential oils that the physicians would breathe to keep themselves safe from those afflicted with the illness. Their long black robes were also said to be doused in a similar fragrant concoction and current research continues to build upon this theory.