

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>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr</p> <p>All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><u>MEMBERSHIP—2021</u></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Annual</u></td> <td style="text-align: center;"><u>Monthly Installment</u></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$449</td> <td style="text-align: center;">\$43</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$469</td> <td style="text-align: center;">\$45</td> </tr> </table>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$449	\$43	Business	\$469	\$45
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September 2021

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

September 2021

Thursday, September 2, 16, 23 and 30 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, September 13 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, September 20th at 6:30 “Party Foods” by Sarah Conrad

Sarah will prepare some plant-based party foods for us to sample. We will also be saying goodbye to Jenny and this evening will be in her honor. You are welcome to bring additional party foods to add to our celebration. A donation to Sarah for food is welcome.

Monday, September 27th at 6:30 “Let Food Be Your Medicine” Part 3

Your School of Healing by Food – Live Your WFPB Life to a Whole New Level. If you missed our informative part 1 and 2, this class will definitely catch you up. You will learn nature’s remarkable gift of food groups deeply rooted in human history that not only provides optimum health and heals what some may call “incurable” but also reverses aging! Come and join us to get the knowledge to regain the vitality and joyful life that you have always wanted. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 24 years.

Weekly Exercise Program

Thursday, September 2, 9, 23 and 30 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

Delaware Bead Society

**Saturday, September 18 2-4 pm “Bead Social – Let Arts and Crafts Heal You”
Free admission for all!**

Let beading crafts be your medicine – they may help prevent, minimize or manage stress and even depression. Bring your projects, questions, ideas, beads and tools or just yourself to this event. Learn more beading skills while making friends. We will not only provide a skilled teacher to do show and tell but also have the following simple project for you to practice:

Five Feng Shui Element Stone Earrings (matches the bracelet made in the January 2020 class). Did you know that the Five Element Stones provide natural health and balance your body’s five most vital organs? They will provide healing and energy to your heart, liver, kidneys, lungs and GI system. If you make this pair of earrings yourself, all good fortune and happiness will be on YOUR way!

Space is limited so please register ASAP by calling 302-478-3782 or email cj.powley@verizon.net.

Directions-
www.wellnessplusintl.com/contact/contact.htm

