

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> <ol style="list-style-type: none"> 1. Monday: 30 min. before & 30 min. after program 2. 15 min. before & after exercise class or 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</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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December 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> 6:30 pm Exercise 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>9</i> Center Closed	<i>10</i>	<i>11</i> Bead Society 2-5 pm
<i>12</i>	<i>13</i> 6:30 pm Successful Aging with Wellness Plus Part 1	<i>14</i>	<i>15</i>	<i>16</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm Movie Night “The Last Heart Attack”	<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> Center Closed	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>	

December 2021

Thursday, December 2, 16 and 23 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, December 6 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, December 13 at 6:30 pm “Successful Aging with Wellness Plus” (Part 1 of 3)

Presented by Dr. Jane Powley, owner and director of Wellness Plus. She has over 32 years of experience teaching wellness and a deep knowledge of Chinese medicine. She will present us with a framework for true independent living as we age. Yes, you do have a second chance to right the wrongs you have done to your body. From what you eat, drink your daily activities as well as the ability to relax. Dr. Jane will show you, step by step, what you can do to prevent and even reverse your “aged” body and mind. You can regain the physical and mental vigor that you thought were gone forever. You may never have to depend on anyone for care, especially doctors – true independence into your golden years!

Monday, December 20 at 6:30 pm Movie Night “The Last Heart Attack”

Dr. Sanjay Gupta asks how is it that the former President Bill Clinton needed emergency bypass surgery just a few years out of office, what warning signs were missed, and what major life changes did he make to achieve good health? This is a one hour CNN documentary on heart disease prevention, filmed in 2011 that includes Dr. Esselstyn’s and Dr. Ornish’s commentary and experience preventing heart disease through lifestyle changes.

Weekly Exercise Program

Thursday, December 2, 18 and 23 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

Bead Store Hours: 3-5 pm on Saturday, December 11. Many items will be for sale at 50% off.

Event #1 Saturday, December 11 2-4 pm “Holiday Blessings Jewelry Set”

Do not let the holidays stress you out! Come to this class to relax and have fun! You will use all natural pearls and beautiful holiday-colored glass beads to create a set of jewelry including a necklace, earrings, and bracelet. You will acquire wire working skills so exquisite that everyone will think you are a professional jeweler! You can choose one of both parts of the sets (e.g., necklace only, etc.) in the pictures. They are really perfect gifts for yourself and whomever is on your holiday gift list!

\$12 – class fee if paid in advance

\$19 – class fee at door

Kits can be purchased at \$28 each.

Call 302-478-3782 e-mail - cj.powley@verizon.net.

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



Event #2 Saturday, December 11 2-5 pm

All beads will be 50% off.