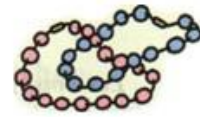




Wellness Plus Delaware



ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 20th, 2021 at the Wellness Plus Center. Free admission.

Part 1 – 1:00 pm

Wellness Plus Members: Bring a vegan side dish and get a free “turkey” dinner or pay \$10. Registration is required and let us know what dish you will bring. Register during class or email judyfilip@verizon.net. We will set up tables if you choose to eat at the Center or you can pack up your food to go. Whatever makes you comfortable.

Part 2 – 2:00 pm “Be ready for whatever ViruSES this winter has in store for us”

Special speaker: Dr. Chuck Powley. Tune up your immune system for the usual flu viruses, whatever Covid-19 strain(s) are coming and who knows what else!

Part 3 3:00pm – 5:00pm Health Screen and Sale of Products and Jewelry

- ✓FREE Bone Density Test
- ✓FREE Body Fat Test
- ✓FREE Blood Pressure Test
- ✓FREE Immunity Potential Test
- ✓FREE trial and personal consultation with:
 - *Dr. Bob Burg – soft tissue body work
 - *Dr. Jane Powley – food & lifestyle medicine
 - *Shirley Rineer, RN – healing by essential oils
- ✓All food, essential oils and other personal care products – 5% off.
- ✓Wellness plus Membership (new and renewals) 5% off.
- ✓All books, 10% off.
- ✓All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example	Rate for 2022	Current rate	Open House Rate - 5% off
Annual	\$459	\$449	\$436.05
Business	\$479	\$469	\$455.05

*partial (monthly) payment also gets 5% off on whatever you pay on this day.

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

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<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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November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> 6:30 pm Drug Free Healing Through Nutrition and Lifestyle Part 2	<i>9</i>	<i>10</i>	<i>11</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> 6:30 pm Processed People	<i>16</i>	<i>17</i>	<i>18</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>19</i>	<i>20</i> <i>Open House</i>
<i>21</i>	<i>22</i> <i>Center Closed</i>	<i>23</i>	<i>24</i>	<i>25</i> <i>Center Closed</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i> <i>Center Closed</i>	<i>30</i>				

November 2021

Thursday, November 11 and 18 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, November 1 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, November 8 at 6:30 pm “Drug Free Healing Through Nutrition and Lifestyle” Part 2

Dr. Jane Powley, the founder and director of Wellness Plus Delaware, has a rich background in both traditional Chinese medicine as well as modern western Food Therapy will give you the second part of a two-session introduction on how you can go step-by-step to be your own doctor and help your body heal itself of many conditions or illnesses. Jane, a survivor of Chinese labor camps during the cultural revolution of the 1960's, pulled herself from death through “whole foods” when doctors had given up on her and said her condition was terminal. Come listen to her amazing story and learn how you too can take control of your own health without expensive and toxic drugs.

Monday, November 15 at 6:30 pm “Processed People”

Processed People is a documentary video about why so many people are sick and solutions to our health crisis. Are we victims of a health care system, are we confused about the information we receive and what happens if we don’t change?

Weekly Exercise Program

Thursday, November 11 and 16 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 OPEN HOUSE Annual Event



Admission: Free
 When: Saturday, November 20th, 2021 from 3:00 - 5:00 pm
 Where: Wellness Plus Center
 3617 Silverside Road
 Talleyville Center, 2nd floor
 Wilmington, DE 19810
 (302)478-7723
 Directions: www.wellnessplusintl.com or call (302) 478-3782
 What: Store wide sale




AT LEAST
50% off



All beads, all Jewelry, All Feng Shui supplies, all craft books and selected beading supplies (findings)



Free "show and tell" - basic beading techniques
 Free Health Screen and consultations (see Wellness Plus Newsletter front page)
 Free—a bag of beads or beaded jewelry for everyone who just shows up.

\$	Free – a bag of beads or a piece of beaded jewelry	\$
	As our gift to you No minimum purchase required	
\$	Limit one coupon per customer. Must be present in person and only on 11/20/2021	\$