

# 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> <ol style="list-style-type: none"> <li>1. Monday: 30 min. before &amp; 30 min. after program</li> <li>2. 15 min. before &amp; after exercise class or</li> <li>3. By appointment Call 302-478-3782</li> </ol>	<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;"><b><u>MEMBERSHIP—2022</u></b></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><b><u>Annual</u></b></td> <td style="text-align: center;"><b><u>Monthly Installment</u></b></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$459</td> <td style="text-align: center;">\$44</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$479</td> <td style="text-align: center;">\$47</td> </tr> </table>		<b><u>Annual</u></b>	<b><u>Monthly Installment</u></b>	Family	\$459	\$44	Business	\$479	\$47
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## February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> <b>Bead Society 6 pm</b>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Successful Aging with Wellness Plus Part 3	<i>15</i>	<i>16</i>	<i>17</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm The Real Law of Attraction	<i>22</i>	<i>23</i>	<i>24</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> 6:30 pm Staying Sharp and Smart for Life Part 2					

## February 2022

### **Thursday, February 3, 17 and 24 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, February 7 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, February 14 at 6:30 pm “Successful Aging with Wellness Plus” (Part 3 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, February 21 at 6:30 pm “The Real Law of Attraction”**

The Law of Attraction suggests that your thoughts and attitudes create your reality -- that generating positive thoughts bring positive results, while negative thoughts bring negative outcomes, that how we focus our energy and attention can create whatever we long for. But what if we have no idea what is best for us.

This class, borrowing from state-of-the-art science to ancient spiritual wisdom, will explore an alternative. Perhaps even better, we can open ourselves to possibilities we have never imagined which are poised to choose us and fill our lives. Presented by Dr. Bob Burg

### **Monday, February 28 at 6:30 pm “Staying Sharp and Smart for Life”**

Dementia, which includes Alzheimer’s Disease, may be the most dreaded group of chronic diseases that we now know are brought on by lifestyles that include poor diets and sedentary habits. The physical, emotional and economic toll these diseases take on individuals, their families and society as a whole is becoming unmanageable. Medical research is far away from finding a cure or even a preventive vaccine of some sort, and this may never happen. Guess what – the lifestyle choices you make now are your best bet for preventing this disease and even slowing the progress in your loved ones! Part two of a two-part series presented by Dr. Chuck Powley

## **Weekly Exercise Program**

## **Thursday, February 3, 17 and 24 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: 3-5 pm on Saturday, January 8. Many items will be for sale at 50% off during class time..*

### **Thursday, February 10 6:30 pm “Natural Red Coral and Ruby Bracelet with DIY Matching Clasp”**

Happy Valentine’s Day to all bead lovers! This beautiful red bracelet made of 100% natural untreated coral and ruby brings you love and peace in the heart to your everyday life! The most useful skills you will learn are crimping and wire work that makes you able to make ANY bracelets and necklaces with totally matching clasps. As a result, you may never have to buy any clasps again!

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$19 each.

To register: 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)

