

# 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—2021</u></b></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;">\$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>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$459	\$44	Business	\$479	\$47
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## January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>4</i>	<i>5</i>	<i>6</i> <i>Center Closed</i>	<i>7</i>	<i>8</i> Bead Society 2-5 pm
<i>9</i>	<i>10</i> 6:30 pm Successful Aging with Wellness Plus Part 2	<i>11</i>	<i>12</i>	<i>13</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Cooking Demonstration "Young Food"	<i>18</i>	<i>19</i>	<i>20</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> 6:30 pm Whole Foods & Weight Loss Support Group	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> 6:30 pm Staying Sharp and Smart for Life Part 1					

## January 2022

### **Thursday, January 13, 20 & 27 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, January 3 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, January 10 at 6:30 pm “Successful Aging with Wellness Plus” (Part 2 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, January 17 at 6:30 pm Cooking Demonstration: “Young Food”**

Our Wellness Plus Chef, Sarah Conrad, will prepare delicious foods based the principle that young food can slow down and reverse aging. Sarah will review just what foods are considered young. We get to share the food and get the recipes as well. Your donation for food would be appreciated.

### **Monday, January 24<sup>th</sup> at 6:30 pm “Whole Foods & Weight Loss Support Group”**

Let us share our successful plant-based diet to maintain a healthy weight and enjoy life. A healthy lifestyle also means exercise, sleep and mental and emotional well-being.

### **Monday, January 31<sup>st</sup> 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 one of a two-part series presented by Dr. Chuck Powley

## Weekly Exercise Program

### Thursday, January 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: 3-5 pm on Saturday, January 8. Many items will be for sale at 50% off.*

### Saturday, January 8 2-4 pm “Peaceful Winter Jade Earrings”

Did you know that jade comes in different colors? For each of the four seasons, there is a different color of jade that matches it. White Jade represents the winter season that gives you peace and calming Qi (energy of vibration). While the white Jade brings you a relaxing mood, the little red crystal will have all good luck coming to you! The earring wires are pure sterling silver, so you don't have to worry even if you have sensitive ears. Come to make this pair of beautiful earrings, learn more jewelry making skills, and let art and crafts be your medicine!

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$12.99 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)

