



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-3782

Wellness Plus Delaware invites you to attend *“Let Green Tea be Our Medicine”*

On: Monday, March 14th, 2022 at 6:30 PM

At: 3617 Silverside Road

This is open to the public free of charge - everyone is welcome.
Reservation requested – call 302-478-3782 or email cj.powley@verizon.net

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. (The 10% discount (55¢/cup* vs 61¢/cup*) is only good that night.)

Topics to be covered:

The latest research on why you should use whole food green tea to protect yourself in a pandemic, and how green tea can help you by:

- Boosting your immunity, thereby preventing viral infections in the first place,
- Enhancing your body’s alkalinity so that viruses will be substantially inactivated and even killed,
- Reducing the body’s oxidative stress, decreasing recovery time and severity of symptoms even if you are already infected with Covid-19.

Come to learn all the above AND how to obtain the maximum benefit from this miracle food!

FREE SEMINAR

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*Members prices

Get New Tea at 10% Off (55¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2022

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 14), will we guarantee that you get your order from the first shipment. If you come to our March 14, 2022 class and order in person, you will also get 10% off your order.

Your 2022 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

<i>Member</i>				<i>Non-Member</i>			
Size	Price	Qty	Dollar Total	Size	Price	Qty	Dollar Total
Bags (30-day supply, 4 cups/day equivalent)	\$73.50			Bags (30-day supply, 4 cups/day equivalent)	\$98		

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (61¢/cup*, before 10% off) than McDonald's (black tea at \$1.18/cup)

*Members prices

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

<u>STORE HOURS</u>
1. Monday: 30 min. before & 30 min. after program
2. 15 min. before & after exercise class or
3. By appointment Call 302-478-3782

Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr

All others: \$15 advance or \$20 at door/2 hr

MEMBERSHIP—2022

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$459	\$44
Business	\$479	\$47

March 2022

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<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> Center Closed	<i>11</i>	<i>12</i>
<i>13</i>		<i>14</i> 6:30 pm Green Tea	<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> 2-5 pm Bead Society
<i>20</i>		<i>21</i> 6:30 pm Got Milk?	<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 Let Food Be Your Medicine Part 1	<i>29</i>	<i>30</i>	<i>31</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30		

March 2022

Thursday, March 11, 18 and 25 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, March 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! 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, March 14 at 6:30 “Green Tea”

Presented by Dr. Jane Powley. Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. See front page for details.

Monday, March 21 at 6:30 pm “Got Milk?”

Presented by Judy Filipkowski. Drinking milk is as American as Mom and Apple Pie. Most of us grew up with the idea that milk is healthy and essential. However, dairy products of all kinds are linked to risks of cancer, diabetes, MS, inflammation and severe indigestion. The sugar in milk is the same amount ounce for ounce as soda. Discover how and why dairy is dangerous and causes osteoporosis, not prevents it. Discover, also, alternatives to use in our recipes that are delicious.

Monday, March 28 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food” Part One”

This is a complete, updated review of whole food, plant-based nutrition. You will learn the “how and why” related to the concept of “Let Food be Your Medicine and Medicine be Your Food”. If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course your do not want to miss. Presented by Dr. Jane Powley, Founder and Director of Wellness Plus Delaware for 25 years.

Weekly Exercise Program

Thursday, March 3, 17, 24 and 31 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, March 19. Many items will be for sale at 50% off.

Saturday, March 19 at 2:00 pm “Peach Blossom with Spring Jade Jewelry Set”

Welcome spring! This lovely necklace and earring set is made of peach-colored unusually drilled organic pearls and soft green colored genuine jade. Did you know that there are four different colored jades that bring four different Qis (energy) in different seasons? For example, Spring Jade will bring you the Qi of "New Life"! Don't we all need it after this long pandemic time? Come to have fun and learn how to make a flower with pearls and connect it with a Spring Jade chain, to bring home a wonderful brand-New Life!

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$23 each.

To register: call: 302-478-3782 or e-mail: cj.powley@verizon.net.

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

