

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

STORE HOURS

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

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>5</i>	<i>6</i>	<i>7</i> Center Closed	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Pharmaceutical Drugs and Medications	<i>12</i>	<i>13</i>	<i>14</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 pm Are Humans Designed to Eat Meat?	<i>19</i>	<i>20</i>	<i>21</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i> 6:30 pm Let Food Be Your Medicine Part 2	<i>26</i>	<i>27</i>	<i>28</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>29</i>	<i>30</i> 2:30-5 pm Bead Society

April 2022

Thursday, April 14, 21 and 28 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, April 4 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, April 11 at 6:30 pm “Pharmaceutical Drugs and Medications - the Good, the Bad and the Ugly”

Have you ever wondered whether a prescription or over-the-counter drug really helps or possibly has unacceptable side effects? Understand more about what we can really expect from a treatment with pharmaceutical methods. We will look at treatments for cardiovascular issues, diabetes, some general cancer considerations and some mental health agents. At the end of the talk you will be able to ask some general questions - please note that the information does not replace medical treatment.

Brigitte, a native of Germany, has graduated from Wellness Forum Health with a Health and Nutrition Educator Diploma. She also has certificates from eCornell where she has completed T. Colin Campbell's Nutrition program as well as from Dr. McDougall's Starch Solution Program. She has been working with people to resolve health issues since 2013. Pertinent to today's talk, Brigitte has worked full time as a Market Research Consultant for the pharmaceutical Industry for 26 years and has gained expertise in assessing the real outcomes of clinical trial studies as they relate to improving the health of patients with conditions ranging from cardiovascular issues, diabetes, obesity to different cancer treatments, as well as conditions typically classified as mental health conditions, and many other treatment areas. This expertise has been particularly helpful in understanding the real impact medications can have compared to what can be accomplished with diet and lifestyle measures.

Monday, April 18 at 6:30 pm “Are Humans Designed to Eat Meat?”

A 90-minute video presented by Dr. Milton Mills, M.D. an intensive care doctor in Washington DC and a member of the Advisory Board for PCRM, Physicians Committee for Responsible Medicine. Dr. Mills presents peer-reviewed scientific research to support his claim that humans are herbivores. We do not run fast like a lion or have sharp claws or teeth. We do not have short digestive tracts to eliminate meat quickly, so it does not become toxic. The strongest animals on earth are herbivores, elephants, rhinos, horses and giraffes. Human milk has much less protein than cow’s milk.

Monday, April 25 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food” Part 2 – Beyond WFPB

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do in order to get your desirable healing to take place, or do you just want to jump start with quicker results for reducing or perhaps even reversing any diseases without side effects? If so, this class is the one you do not want to miss. Presented by Dr. Jane Powley, founder and director of Wellness Plus for 23 years.

Weekly Exercise Program

Thursday, April 14, 21 and 28 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, April 30. Many items will be for sale at 50% off.

Saturday, April 30 at 2:30 pm “Let Nature Be Medicine - Leafy Earrings”

After a cold winter season, nature is calling! This pair of earrings is made from natural organic pearls, shiny glass leaves with three different colors and finished with sterling silver ear wires. Come to join us to do this unique project. The new way to make wire loops that you learn in this class will let you make many projects by using any beads! When you take home the finished product, you will find it not only matches just about any outfit you wear, but also gives you the nature's healing power so you will be in a much happier and more relaxed mood!

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$15 each.

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

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

