

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

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>3</i>	<i>4</i>	<i>5</i> Center Closed	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> 6:30 pm Water Our Most Important Nutrient	<i>10</i>	<i>11</i>	<i>12</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> 6:30 pm 6:30 pm Let Food Be Your Medicine Part 3	<i>17</i>	<i>18</i>	<i>19</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>20</i>	<i>21</i> Bead Society 2:30 – 5 pm
<i>22</i>	<i>23</i> 6:30 pm Cooking with Maria	<i>24</i>	<i>25</i>	<i>26</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i> Memorial Day Center Closed	<i>31</i>				

May 2022

Thursday, May 12, 19 and 26 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, May 2 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, May 9 at 6:30 pm “Water – Our Most Important Nutrient”

Many illness and health issues arise simply because people do not drink enough water, especially “quality” water. Instead, they consume many other beverages that contain sugar, caffeine and many other chemicals and still become dehydrated. In this informative talk, we will learn how much water we need each day and what you can do to obtain plentiful supplies of good-tasting and safe water without spending lots of money. We will also learn about some of the misinformation there is about very expensive water treatment systems that are high maintenance and produce water of questionable quality. Presented by Dr. Chuck Powley.

Monday, May 16 at 6:30 pm “Let Food Be Medicine” – Your School of Healing by Food Part 3 – Live Your WFPB Life to a Whole New Level

If you missed our informative part 1 and 2, this class will definitely give you a good catch up. You will learn nature’s remarkable gift of food groups deeply rooted in human history that not only provides optimum health and may heal the “incurable,” but also reverses aging! Come and join us to get the knowledge to regain the vitality and joyful life that you always wanted. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 24 years.

Monday, May 23 at 6:30 pm “Cooking with Maria – Whole Food Pasta Salad”

It is that time of year to get ready for picnic fun! Memorial Day is right around the corner too! Come and try a Whole Food Pasta Salad from “The Wellness Forum Big and Healthy Cookbook”. Maria Addalli, our newest member, will review the whole food alternatives for a healthy pasta salad. We get to try the food and have the recipe. too! Donations for food are appreciated!

Weekly Exercise Program

Thursday, May 12, 19 and 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. 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, May 21 at 2:30 pm “Illusion Style Pearl Bracelet”

NEW!! Free bag of beads for everyone who shows up!

This stunningly simple and elegant floating illusion style bracelet & earrings jewelry set is made of multi strand, multi color and multi sized genuine organic pearls finished with an easy-to-wear toggle clasp. Everyone is welcome to join us in this class even if you are a beginner in the beading craft. If you think you already know how to make this project and just want to purchase the kit, please let us know so we will make an extra kit for you to be picked up.

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$17 each and \$21 each at the door.

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

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

