

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

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>9</i> Center Closed	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> 6:30 pm Heal Me in the Summer Part 1	<i>14</i>	<i>15</i>	<i>16</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm Cooking with Maria	<i>21</i>	<i>22</i>	<i>23</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>24</i>	<i>25</i> Bead Society 2:30 – 5 pm
<i>26</i>	<i>27</i> All About Oil	<i>28</i>	<i>29</i>	<i>30</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30		

June 2022

Thursday, June 2, 16, 23 and 30 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, June 6 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, June 13 at 6:30 pm “Heal Me In the Summer Part 1”

Who can’t benefit from a stronger heart and a healthier mind? How about lowered blood pressure, perfect cholesterol, and great circulation leading to warm hands and feet and a joyful mood year-round? After all, in order to “Live long and die short” then we must have a clear mind and vibrant heart. Want a short cut? Timing is everything! Did you know according to the ancient Chinese book “The Yellow Emperor's Classic of Internal Medicine,” if you work on those organs in summertime, you will get double or triple return of the same work done in other seasons? That is because the "Fire Element" links your heart/mind to the summer season. Ready to get a good start? Come to learn how from Dr. Jane Feng Powley, native Chinese and our executive director of Wellness Plus Delaware for 25 years.

Monday, June 20 at 6:30 pm “Cooking with Maria – Taco Night”

Come join us to learn a quick and easy taco. Maria will share many vegan choices to into that taco. No processed foods in this recipe. A variety of plant options is good for the gut. This is a great way to prep ahead of time if you are on the go or want a simple healthy meal. Donations for food are appreciated!

Monday, June 27 at 6:30 pm “All About Oil”

Judy Filipkowski, Certified Plant Based Educator” will present types of oil why they are not healthy, why it has been declared not heart healthy and how to cook without oil. No, olive oil is not healthy! Really!

Weekly Exercise Program

Thursday, June 2, 9, 23 and 30 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, June 25 Many items will be for sale at 50% off.

Saturday, June 25 at 2:30 pm "Master Your Stress Level - Mood Monitor Jewelry Set" **NEW!! Free bag of beads for everyone who shows up!**

This unique bracelet & ring set is made of special "Mood Monitor Beads" and genuine organic black pearls. Your own energy will cause those fascinating genuine "Mood Monitor Beads" to change color, ranging from black through all colors of the rainbow to reveal your inner emotions such as relaxed, neutral or stress out so you can do something about it. Come to join us to make this unique jewelry set and take control of your stress level. Relax your way to a positive outlook, crystal clear memory and exceptional quality of life!

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$19.99 each and \$27 each at the door.

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

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

