

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

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> Center Closed	<i>5</i>	<i>6</i>	<i>7</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>12</i>	<i>13</i>	<i>14</i> Center Closed	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 pm Inflammation in Just About Every Ailment	<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 Heal Me in the Summer 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> Bead Society 2:30 – 5 pm

July 2022

Thursday, July 7, 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, July 11 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, July 18 at 6:30 pm “The Role of Inflammation in Just About Every Ailment”

The pharmaceutical industry has made billions of dollars from cholesterol-lowering statin drugs such as Lipitor®. However, there is increasing evidence that high cholesterol alone is not the leading cause of heart disease and that the widespread use of statin drugs has not had much impact. We will learn how inflammation has a much bigger impact on artery clogging and heart failure and what we can do about it. Also, high blood pressure is closely related to inflammation. We will also see how inflammations play a role many other conditions such as arthritis and even diabetes. Come to see how we can lower our risks with natural and inexpensive solutions! Presented by Dr. Chuck Powley

Monday, July 25 at 6:30 pm “Heal Me in the Summer Part 2”

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.

Weekly Exercise Program

Thursday, July 14, 21 & 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, July 30 Many items will be for sale at 50% off.

Saturday, July 30 at 2:30 pm "A Visit with Dr. Nature - Woody Jewelry Set "

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

Did you know that enjoying the beauty of nature for as little as 10 minutes can soothe your soul and stress so much that it may even reduce inflammation and diabetes risk by 56%? That is what Australian findings in Plus One suggests.

Now you can have your own "Dr. Nature" by making this beautiful jewelry set and wearing it every day! Come to join us to use all natural gemstones: green jade, honey jade and unakite and learn some new cord connection skills, you will be able to take your very own "Dr. Nature" home!

\$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

