

# Wellness Plus Delaware

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://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

## August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 6:30 pm Exercise 7:30 pm Members Forum	<b>2</b>	<b>3</b>	<b>4</b> <i>Center Closed</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<b>9</b>	<b>10</b>	<b>11</b> <i>Center Closed</i>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<b>16</b>	<b>17</b>	<b>18</b> <i>Center Closed</i>	<b>19</b>	<b>20</b> <b>Bead Society</b> <b>2:30 – 5 pm</b>
<b>21</b>	<b>22</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<b>23</b>	<b>24</b>	<b>25</b> <i>Center Closed</i>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Exercise 6:30-7:30 Natural Healing Workshop 7:30- 8:30	<b>30</b>	<b>31</b>			

## August 2022

### Monday, August 8, 15, 22 and 29 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, August 1 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.*

## Weekly Exercise Program

### Monday, August 8, 15, 22 and 29 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](mailto: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, August 20 Many items will be for sale at 50% off.*

### Saturday, August 20 at 2:30 pm "Endless Summer Fun - Sea Treasure Jewelry Set"

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

This 100 % natural necklace & earring set is all made of treasures from the sea: eight 9-mm genuine black and white pearls, 7-mm genuine white pearls, forty-six 4-mm genuine pink pearls, untreated seashells, and many shiny colorful mother of pearl beads. The necklace is 30 inches long without need of a clasp. Therefore, it is known as an "Endless Necklace" - right, you will have ENDLESS FUN to make AND wear it!

Come and learn this very useful skill - a professional way to make an "invisible" closure. You will then be able to make "Endless Necklaces" whenever you want.

\$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](mailto:cj.powley@verizon.net)..

Directions- [www.wellnessplusintl.com/contact/contact.htm](http://www.wellnessplusintl.com/contact/contact.htm)

Enlarged to show the beads  
necklace and

