

# 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

## September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i> <i>Center Closed</i>	<i>6</i>	<i>7</i>	<i>8</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>13</i>	<i>14</i>	<i>15</i> <i>Center Closed</i>	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> 6:30 pm Can Medications Really Make You Feel Better? Part 1	<i>20</i>	<i>21</i>	<i>22</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>23</i>	<i>24</i> <b>Bead Society 2:30 – 5 pm</b>
<i>25</i>	<i>26</i> 6:30 pm Cooking with Maria – Soy & Stir Fry	<i>27</i>	<i>28</i>	<i>29</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>30</i>	

## September 2022

### **Thursday, September 1, 8, 22 & 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, September 12 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, September 19<sup>th</sup> at 6:30 pm "Can Medications Really Make You Feel Better?"**

This is part one of two workshops that examine the risks and benefits of medications like antidepressants, anxiety medications and other psychoactive drugs. For many years we have been told that those drugs can "correct" chemical imbalances in the brain responsible for depression, psychosis, ADHD etc. Nevertheless, research shows that there is no credible connection between Serotonin and depression. We will look at better approaches at the end of the workshop. Please bring your questions.

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 been involved in many studies looking at the actual efficacy, side effects and data regarding psychoactive drugs, for depression, anxiety, psychoses and ADHD. This expertise has been particularly helpful in understanding the real impact medications can have compared to what the downsides are. Brigitte also has studied with Dr. Peter Breggin, a psychiatrist who has dedicated his entire professional life (more than 50 years) to debunking the myths surrounding anti-depressants and developing methods of helping his clients without ever starting them on those drugs.

### **Monday, September 26<sup>th</sup> at 6:30 pm “Cooking with Maria – Soy & Stir Fry”**

No meat, just soy! Learn about the benefits of soy from Judy Filipkowski and how to prepare a delicious plant-based meal, no added oil, with Maria. Soy products are varied and versatile and come in many forms. Observe how to make soy great and what vegetables add great taste and nutrition to this Asian classic dish. The more variety of veggies, the better your gut biome! How many varieties of fruits, veggies & grains have you had this week? Maria Addalli is new to plant-based cooking and she is learning so much by preparing these recipes and looking for the right ingredients. Judy has been on this path for over 45 years and is certified to teach this whole food plant-based diet from the Wellness Forum since 2001. A cash donation for the chef is appreciated to cover food purchases. Thank you.

## **Weekly Exercise Program**

### **Thursday, September 1, 8, 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, September 24 at 2:30 pm "Live Long & Die Short - Blue Lotus Jewelry set"**  
**NEW!! Free bag of beads for everyone who shows up! No purchase or class participation necessary! Just coming to say "Hi" is enough.**

This 100% Sterling Silver bracelet & earring set is made of ceramic blue lotus beads. The big sterling silver focus bead has an "Infinite Life" pattern! The ancient Egyptians and Asians revered the blue lotus flower and cherished its anti-aging and psychoactive properties. It has been used in ancient societies as a sleep aid and anxiety reliever but has also been described as a mild stimulant with intriguing uses including lucid dreaming, heightened relaxation, and as an aphrodisiac. It's no wonder that interest in this plant has persisted for centuries.

Come to join us and make this longevity jewelry set. You will gain the skills of bead knotting and an extendable cord finish. We give all our good wishes to you: Live Long and Die Short!

\$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)

