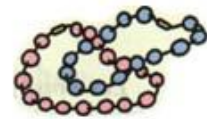




Wellness Plus Delaware



# ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 19<sup>th</sup>, 2022, at the Wellness Plus Center. Free admission.

**Part 1 – 1:00 pm**

Wellness Plus Members: Bring a vegan side dish and get a free “turkey” dinner or pay \$10. Registration is required and let us know what dish you will bring. Register during class or email [judyfilip@verizon.net](mailto:judyfilip@verizon.net). We will set up tables if you choose to eat at the Center or you can pack up your food to go. Whatever makes you comfortable.

**Part 2 – 2:00 pm “Be ready for this winter’s virus “triple threat”!**

Special speaker: Dr. Chuck Powley. Tune up your family’s immune systems for an expected bad flu season, a new set of Covid-19 strain(s) and RSV’s in children!

**Part 3 3:00pm – 5:00pm Health Screen and Sale of Products and Jewelry**

- ✓FREE Bone Density Test
- ✓FREE Body Fat Test
- ✓FREE Blood Pressure Test.
- ✓FREE Immunity Potential Test
- ✓FREE trial and personal consultation with:
  - \*Dr. Bob Burg – soft tissue body work
  - \*Dr. Jane Powley – food & lifestyle medicine
  - \*Lorna Miller – natural healing teacher
- ✓All food, essential oils and other personal care products – 5% off.
- ✓Wellness plus Membership (new and renewals) 5% off.
- ✓All books, 10% off.
- ✓All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example	Rate for 2023	Current rate	Open House Rate - 5% off
Annual	\$469	\$459	\$436.05
Business	\$489	\$479	\$455.05

\*partial (monthly) payment also gets 5% off on whatever you pay on this day.

**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

# 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

<p><b><u>STORE HOURS</u></b></p> <p>1. Monday: 30 min. before &amp; 30 min. after program</p> <p>2. 15 min. before &amp; after exercise class or</p> <p>3. By appointment Call 302-478-3782</p>
---

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

## November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> <b>Center Closed</b>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Can medications really make you feel better part 2	<i>15</i>	<i>16</i>	<i>17</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>18</i>	<i>19</i> <b>Open House</b>
<i>20</i>	<i>21</i> <b>Center Closed</b>	<i>22</i>	<i>23</i>	<i>24</i> <b>Center Closed</b>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i> 6:30 pm Let food be your medicine part 2	<i>29</i>	<i>30</i>			

## November 2022

### **Thursday, November 3 and 17 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, November 7 at 6:30 pm “Exercise and Member’s Forum”**

**Fitness director Zoltan Hall** will be leading us through our exercises tonight, strength and stretch! **NEW! Bring leg weights!** 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, November 14 at 6:30 pm “Can Medications Really Make You Feel Better?” Part 2**

This is part 2 of 2 workshops that examine the risks and benefits of medications. We will be looking at commonly used medications for pain, high cholesterol, inflammation, type 1 & type 2 diabetes and more. Prescription and over the counter medications for pain have, over time, been in the spotlight because while they may have benefits, there are issues. When pain is one of the main reasons for people to visit emergency rooms, this is an important topic. What exactly are the risks? Many of those drugs are also used to combat inflammation. – what are better approaches? Please bring your suggestions and questions.

Presented by Brigitte Bianco, a native of Germany. She 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 of drugs used for many different physical and emotional conditions.

### **Saturday, November 19<sup>th</sup> at 1 pm Annual Thanksgiving Lunch and Lecture See Flyer for Details**

### **Monday, November 28 at 6:30 pm “Let Food be Medicine -Your School of Healing by Food” (Part 2- Beyond WFPB) ”**

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do in order to get your desirable healing to take place, or do you just want to jump start with quicker

results for reversing just about any diseases (yes, you read it right, just about ANY diseases) without side effects? If so, this class is the one you do not want to miss. Presented by Dr. Jane Powley, founder and director of Wellness Plus for 25 years.

## **Weekly Exercise Program**

### **Thursday, November 3 and 17 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 OPEN HOUSE Annual Event



Admission: Free  
 When: Saturday, November 19<sup>th</sup>, 2022, from 3:00 - 5:00 pm  
 Where: Wellness Plus Center  
 3617 Silverside Road  
 Talleyville Center, 2nd floor  
 Wilmington, DE 19810  
 (302)478-7723  
 Directions: [www.wellnessplusintl.com](http://www.wellnessplusintl.com) or call (302) 478-3782  
 What: Store wide sale



**AT LEAST**  
**50% off**




**All beads, all Jewelry, All Feng Shui supplies, all craft books and selected beading supplies (findings)**



Free "show and tell" - basic beading techniques

Free Health Screen and consultations (see Wellness Plus Newsletter front page)

Free—a bag of beads or beaded jewelry for everyone who just shows up.

\$		Free – a bag of beads or a piece of beaded jewelry	\$
As our gift to you No minimum purchase required			
\$	Limit one coupon per customer. Must be present in person and only on 11/19/2022		\$