

# 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>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr</p> <p>All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><b><u>MEMBERSHIP—2022</u></b></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Annual</u></td> <td style="text-align: center;"><u>Monthly Installment</u></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$459</td> <td style="text-align: center;">\$44</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$479</td> <td style="text-align: center;">\$47</td> </tr> </table>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$459	\$44	Business	\$479	\$47
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## December 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> 6:30 pm Exercise 7:30 pm Members Forum	<i>6</i>	<i>7</i>	<i>8</i> <b>Center Closed</b>	<i>9</i>	<i>10</i> Bead Society 2:30 pm
<i>11</i>	<i>12</i> 6:30 pm How to survive the holidays in style	<i>13</i>	<i>14</i>	<i>15</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> 6:30 pm Let food be your medicine part 3	<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>
<i>25</i>	<i>26</i> <b>Center Closed</b>	<i>27</i>	<i>28</i>	<i>29</i> <b>Center Closed</b>	<i>30</i>	<i>31</i>

## December 2022

### **Thursday, December 1, 15 and 22 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, December 5 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, December 12 at 6:30 pm “How to Survive the Holidays in Style”**

We look forward so much to the Holiday season, and yet for many it’s the most stressful time of the year. As a refreshing change – as we approach the birth of a new year-- let’s see how we can embrace the joy of renewal and connecting with what matters most in our lives. This class will explore all sorts of wholistic ways, from nutritional choices to life-enhancing shifts in attitude and behavior, how we can transform what has become for many the most hectic and exhausting time of year into true celebration. Presented by Dr. Bob Burg

### **Monday, December 19 at 6:30 pm “Let Food be Medicine -Your School of Healing by Food” (Part 3- Live Your WFPB Life to a Whole New Level)**

If you missed our informative part 1 and 2, this class will definitely give you a good catch up. You will learn nature’s remarkable gift of food groups deeply rooted in human history that not only provides optimum health and may heal the “incurable,” but also reverses aging! Come and join us to get the knowledge to regain the vitality and joyful life that you always wanted. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 25 years.

## Weekly Exercise Program

### **Thursday, December 1, 15 and 22 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, December 10. Many items will be for sale at 50% off.*

**Saturday, December 10 at 2:30 pm "Happy Holiday 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.**

Do not let the holidays stress you out! Come to this class to relax and have fun! You will use all natural genuine pearls and beautiful holiday-colored beads and charms to create a stretching bracelet and double-string tri-colored flower ring. You will acquire wire working skills so exquisite that everyone will think you are a professional jeweler! You can choose your favorite holiday charms to attach to your bracelet and make sure the ring fits your finger just right. They are perfect gifts for yourself and whoever is on your holiday gift list!

\$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)

