

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</u>	<u>Installment</u>
Family	\$469		\$45
Business	\$489		\$48

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>3</i>	<i>4</i>	<i>5</i> <i>Center Closed</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> 6:30 pm Let Sleep Come First	<i>10</i>	<i>11</i>	<i>12</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> 6:30 pm What's On Your Label?	<i>17</i>	<i>18</i>	<i>19</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>20</i>	<i>21</i> Bead Society 2:30 pm
<i>22</i>	<i>23</i> 6:30 pm GMO's – What Are They and Why Do We Have to Pay Attention	<i>24</i>	<i>25</i>	<i>26</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i> 6:30 pm Balance and Exercise	<i>31</i>				

January 2023

Thursday, January 12, 19 and 26 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, January 2 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, January 9 at 6:30 pm “Let Sleep Come First”

Did you know that how long you live is highly associated with how well you sleep, even after ANY effect of activity is removed (Chiara Cirelli, 2015 Biomed Central)? You are all invited to this informative holistic medicine class on sleep. Dr. Jane Powley will share with us many practical strategies - based on both Eastern medicine to modern science that help us obtain the sleep we so desire. After a good night's sleep, you will start your days not only with abundant energy, but also with mental clarity. If you apply these strategies in the long run, you will add many healthy years to your life! Bring your sleep challenges to this class so you can get some answers on them.

Monday, January 16 at 6:30 pm “What’s On Your Label?”

Judy Filipkowski, Certified Wellness Educator will walk you through reading labels, why it is important to understand them and how to make better choices. It is not just food labels that we need to be concerned about, it is also what is in our cleaning supplies and body care products. Bring in a label of yours for us to dissect.

Monday, January 23rd at 6:30 PM “GMOs – what are they and why do we have to pay attention to issues related to them?”

This workshop explores the difference between GMO foods and foods that are otherwise different from “original” versions (such as hybridized foods). We will also look at issues such as human health consequences, suspected or definitely proven. Finally, we will look at some alternative ways of looking at GMO foods. Please bring your questions. Brigitte Blanco, 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. Together with Sergio, her husband and partner, she has been following the GMO controversy for many years...

Monday, January 30th at 6:30 PM “Balance and Exercise”

Presented by Zoltan Hall, Personal Trainer & Wellness Plus Fitness Director. Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. But specific exercises designed to enhance your balance are beneficial to include in your daily routine and can help improve your stability, activities of daily living and our quality of life. Join us as we explore these exercises and learn more about balance.

Weekly Exercise Program

Thursday, January 12, 19 and 26 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, January 21. Many items will be for sale at 50% off.

Saturday, January 21 at 2:30 pm "Wired Gemstone Rings"

NEW!! Free bag of beads for everyone who shows up! No purchase or class participation necessary! Just coming to say "Hi" is enough.

If you like any gemstone rings, we have good news for you: you do not have to pay those high prices to buy them from any jewelry store - you can learn how to make them by yourself at a fraction of the price! Just come and join us in this fun class. We provide you with all natural red and blue turquoise (the famous Sleeping Beauty Turquoise) beads with 18 and 24 gauge silver tone wires and a highly skilled teacher to help you to have your "Ring Dream" come true! Once you obtain this useful skill, you can just use any gemstone bead and wire - including sterling silver and even 10k or 14k gold wire to make any sized ring for yourself and your loved ones for the rest of your life!

\$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

