

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

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>9</i> Center Closed	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> 6:30 pm The Forks Over Knives Way of Cooking	<i>14</i>	<i>15</i>	<i>16</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm Living in Harmony Amidst Dietary Changes	<i>21</i>	<i>22</i>	<i>23</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>24</i>	<i>25</i> Bead Society 2:30 pm
<i>26</i>	<i>27</i> 6:30 pm Eat Your Carbohydrates, PLEASE	<i>28</i>				

February 2023

Thursday, February 2, 16 and 23 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, February 6 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, February 13 at 6:30 pm “The Forks over Knives Way of Cooking”

Hermela Teferra retired from teaching in the year 2011. She always enjoyed cooking. Since now she has time to pursue her interest, she enrolled in a plant-based cooking course. It took 4 months to complete the course and earn a certificate. This is really one of the most useful classes that she has taken over the years. She uses the technique that she has learned practically every day. She will show us how to cook without oil. A donation for the chef would be appreciated to cover the cost of the food. *“Forks over Knives” began with a movie in 2011 that shows us how a low fat, whole food plant-based diet can avoid or reverses chronic disease. Check out www.forksoverknives.com*

Monday, February 20 at 6:30 pm “Living in Harmony Amidst Dietary Change”

Part 1 of 2 classes. Instructor: Dr. Bob Burg Doctor of Naprapathy, Personal Wellness Coach and author of *Lazy Man’s Guide to Well-Being*. You’ve found your way to Wellness Plus and have committed to making healthy dietary and lifestyle choices. How are your body, your mood and thoughts managing this change? And importantly, how are your family and friends responding to this? The process works best and continues to succeed when everyone (including you) understands and supports these changes.

These two classes will offer lots of simple, practical ways to make these choices easier for everyone to integrate into your lives. We’ll discuss ways to make sure your journey works smoothly while enriching body, heart, mind, and spirit – perhaps even be fun. We will explore a wealth of suggestions, shifts of perspective, and ways to interact with those around you so that these transitions work best for everyone.

Monday, February 27 at 6:30 PM “Eat Your Carbohydrates, PLEASE!”

Carbohydrates should account for about 75% or more of your total diet. So how is it that people are saying carbohydrates are bad for you? And is a low-carb diet for weight loss really good for you? The key to all of this is to understand there are many different kinds of carbohydrates. Some should be consumed in relatively large amounts for good health, and some should be minimized or avoided altogether. Come learn all you need to know about carbs to make them your friend for life. Presented by Dr. Chuck Powley.

Weekly Exercise Program

Thursday, February 2, 16 and 23 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, February 25. Many items will be for sale at 50% off.

Saturday, February 25 at 2:30 pm "Bead Knotting with Ruby Zoisite"

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 are a beading fan, you know the bead knotting skill is not optional! You really can't get away from this skill for both making a new piece or fixing an old one. Here we go - we are offering this very useful professional bead knotting class you WILL need and enjoy! You are going to use the rare translucent to opaque tri-colored stone beads composed of ruby, green zoisite and black horn blender called Ruby Zoisite from Tanzania. Ruby zoisite is known to fortify your strength to get through all the challenges in life. It aligns the two chakras (Heart and Third Eye) with profoundly understanding the negativity we're carrying and how to solve it. It is also one of the unique minerals that can turn negative energy into positive energy! The crystals that you will use to enhance the sparkles are genuine Swarovski crystals. The length of your finished necklace will be totally adjustable.

\$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

