

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

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>4</i>	<i>5</i>	<i>6</i> Center Closed	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm Movie Night: Diabetes – the Black Death of the Century	<i>11</i>	<i>12</i>	<i>13</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Effect of Social Isolation on Health	<i>18</i>	<i>19</i>	<i>20</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>21</i>	<i>22</i> Bead Society 2:30
<i>23</i>	<i>24</i> 6:30 pm Healing Inflammation in Ailments and Injuries	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:3	<i>28</i>	<i>29</i>
<i>30</i>						

April 2023

Thursday, April 13, 20 and 27 and 30 at 7:30 pm. Natural Healing Workshop

The focus will be on 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, April 3 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, April 10 at 6:30 pm “Movie Night: Diabetes: The Black Death of the Century”

Dr. David Matthews: "Discover the Shocking TRUTH About the Fastest-Growing Global Killer - Diabetes and Obesity. And Exactly What You Can Do Today to Prevent and Reverse It. "The Diabetes Epidemic is so widespread that it is technically called a PANDEMIC”

Monday, April 17 at 6:30 pm “Understanding the Effect of Social Isolation on Mental and Physical Health””

Mental and physical health are interconnected. Social isolation's adverse health consequences range from sleeplessness to reduced immune function. In this interactive workshop, we will examine the impact of social isolation on overall well-being.

Brigitte, a native of Germany, has a degree in Social Work from the University of Pennsylvania as well a university in Germany. She also 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 decades of experience in working with people of all ages and has personally observed that impact of limited social interaction on physical and mental health.

Monday, April 24 at 6:30 pm “Healing Inflammation in Ailments and Injuries”

We all know that injuries almost always are accompanied by inflammations such as swelling and tissue damage, especially when infections occur. Aside from treating the injury, what are some things we can do to reduce the inflammation quickly? We will also learn how inflammation has a big impact on artery clogging and heart failure and what we can do about it. Also, high blood pressure is closely related to inflammation. Finally, we will see how inflammations play a role many other conditions such as arthritis and even diabetes. Come to see how we can lower our risks with natural and inexpensive solutions! Presented by Dr. Chuck Powley

Weekly Exercise Program

Thursday, April 13, 20 and 27 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, April 22. Many items will be for sale at 50% off.

Saturday, April 22 at 2:30 pm "Love Your Health - Wired Peach from Heaven Jewelry Set"

Free bag of beads for everyone who shows up! No purchase or class participation necessary!

Just coming to say "Hi" is enough.

This is a more advanced wire project. The stones that you will be working with are not beads - meaning there are no holes in any of them. You will learn some advanced wire skills to securely attach them to the metal ring base. Also, please note that each of those stones is shaped differently. Therefore, there is no fixed wire pattern that can fit all the different stones. The only things you will follow are a few "basic tricks" and you will have to use your creative merits to apply those "tricks" to your unique shaped stones. But do not be discouraged since practice will make things perfect. You will be so proud of yourself when you finally have these professional looking rings finished! Your spring ring has a pink peach flower color. The summer ring shows a deep green leafy color. The autumn ring has some pumpkin color and the winter ring of course copies the white snow.

\$16 – class fee if paid in advance \$23– class fee at door

Kits can be purchased at \$15.99 each if paid in advance and \$23 each at the door.

To register: call: 302-478-3782 or e-mail: cj.powley@verizon.net.

Directions- www.wellnessplusintl.com/contact/contact.htm

