



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-3782

Wellness Plus Delaware invites you to attend *“Let Green Tea be Our Medicine”*

On: Monday, March 13th, 2023 at 6:30 PM

At: 3617 Silverside Road

This is open to the public free of charge - everyone is welcome.
Reservation requested – call 302-478-3782 or email cj.powley@verizon.net

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. (The 10% discount (55¢/cup* vs 62¢/cup*) is only good that night.)

Topics to be covered:

1. Therapeutic green tea vs commercial green tea
2. Green tea and the immune system
3. Green tea and cardiovascular recovery
4. Green tea and mental health
5. Green tea and weight loss
6. Green tea and diabetic recovery
7. Green tea and longevity

And more

Come to learn all the above AND how to obtain the maximum benefit from this miracle food!

FREE SEMINAR

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*Members prices

Get New Tea at 10% Off (55¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2023

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 13), will we guarantee that you get your order from the first shipment. If you come to our March 13, 2023 class and order in person, you will also get 10% off your order.

Your 2023 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

<i>Member</i>				<i>Non-Member</i>			
Size	Price	Qty	Dollar Total	Size	Price	Qty	Dollar Total
Bags (30-day supply, 4 cups/day equivalent)	\$74.00			Bags (30-day supply, 4 cups/day equivalent)	\$99.00		

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (62¢/cup*, before 10% off) than McDonald's (black tea at \$1.89/cup)

*Members prices

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Let Your Food be Your Medicine, Your Medicine your Food www.wellnessplusintl.com

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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

March 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 Annual Green Tea Night	<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 The Pleasure Trap	<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>
<i>26</i>	<i>27</i> 6:30 pm Living in Harmony Amidst Dietary Changes	<i>28</i>	<i>29</i>	<i>30</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>31</i>	

March 2023

Thursday, March 2, 16, 23 and 30 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, March 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, March 13 at 6:30 pm “Annual Green Tea Night”

Presented by Dr. Jane Powley. Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. See front page for details.

Monday, March 20 at 6:30 pm “The Pleasure Trap”

Presented by Judy Filipkowski, Certified Wellness Consultant. What is the pleasure trap and how can we avoid it? What are we addicted to? How can we stop? Sugar, salt and fat are some of these addictions and you will be surprised at how much of it is in processed foods, deliberately put there by “Big Food”.

Monday, March 27 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.

Weekly Exercise Program

Thursday, March 2, 16, 23 and 30 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, March 18 at 2:30 pm "Love Your Health - Wired Peach from Heaven 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.

Did you know that peach is said to give you rich blessings for health and longevity in the Orient? Why peach? There is a very interesting tale behind it: the Goddess Queen Mother is said to own some magical peach trees in heaven. They ripen only every 9,000 years and whoever eats them will enjoy exceptional health and live eternally, equal to that of the Sun and the Moon! Here you go, you are going to create a "magical peach" bracelet and earring set by using all-natural rose quartz, red coral and ceramic focal beads. You will learn the easy steps to make strong bead wraps and the secret of making a perfect heart clasp. The most important gain of this class is you will get rich blessings for health and longevity!

\$12 – class fee if paid in advance \$19– class fee at door

Kits can be purchased at \$19.99 each if paid in advance 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

