

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

<u>STORE HOURS</u>
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—2023

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

May 2023

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30 pm Exercise 7:30 pm Members Forum	2	3	4 <i>Center Closed</i>	5	6
7		8 6:30 pm To Soy or Not to Soy	9	10	11 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	12	13
14		15 6:30 pm Soy Potluck	16	17	18 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	19	20 <i>Bead Society 2:30</i>
21		22 6:30 pm Miracle of Green Tea Part 2	23	24	25 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	26	27
28		29 Memorial Day – Center Closed	30	31			

May 2023

Thursday, May 11, 18 and 25 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, May 1 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, May 8 at 6:30 pm “To Soy, or Not to Soy, That is the Question”

Judy Filipkowski, Certified Wellness Educator, will present the science that has proven soy foods like tofu, edamame and miso are good for our health. Soy is a great source of protein and calcium. Some professionals still believe soy is harmful. It is not, as has been proven by thousands of years of its consumption. What is harmful? Animal and dairy products, which are the leading cause of most of our diseases.

Monday, May 15 at 6:30 pm “Soy Potluck”

Share with us your favorite soy food or snack and bring in the recipe for an evening of tasting good food and sharing good conversation. Bring copies of your recipe for all of us to take home.

Monday, May 22 at 6:30 pm “The Miracle of Green Tea (Part 2)”

In part 1 of this class, we discussed why our Wellness Plus green tea is the only edible whole food and therapeutic green tea. Topics to be covered in part 2 will be:

- 🌿 Green tea and weight loss
- 🌿 Green tea and cardiovascular recovery
- 🌿 Green tea and cancer recovery
- 🌿 Green tea and diabetic recovery
- 🌿 Green tea and mental health
- 🌿 Green tea and longevity

And more. Come and join us to gain a full understanding of the benefits of this miracle food and let this green tea be your powerful medicine! Presented by Dr. Jane Powley, Founder and Director of Wellness Plus for 26 years.

Weekly Exercise Program

Thursday, May 11, 18 and 25 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, May 20. Many items will be for sale at 50% off.

Saturday, May 20 at 2:30 pm "You Make History - Mayflower Jewelry Set"

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

Just coming to say "Hi" is enough.

Mayflowers that bloom in the spring are native to Europe and eastern North America. In September 1620, a merchant ship called the Mayflower sailed from Plymouth England carrying 102 passengers who were hoping to start a new life on the other side of the Atlantic. Scholars agree that the signing of the Mayflower Compact helped to introduce in America the principles of religious freedom, the rule of law, and economic liberty that have shaped the United States for 400 years!

Come to learn some very versatile skills to use just about any round-shaped bead and easy wire work to make flowers. And those beaded flowers can easily become beautiful parts of necklaces, earrings, rings, bracelets ... you name it! Your kit includes all-natural organic round and stick pearls, pink Swarovski crystals and all silver tone findings that you can make a necklace and a ring (picture 1). Picture 2 shows you the samples of jewelry you will be able to make after you learn the skills in this class. Come to have fun with other bead lovers.

"American history" will be made again by your own hands!

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

Kits can be purchased at \$19.99 if paid in advance and \$26.99 at the door.

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

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

Picture 1



Picture 2

