

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—2023

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

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	2	3
4	5 6:30 pm Exercise 7:30 pm Members Forum	6	7	8 Center Closed	9	10
11	12 6:30 pm Let Food Be Your Medicine Part 1	13	14	15 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	16	17
18	19 6:30 pm Make Your Own Pizza	20	21	22 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	23	24 Bead Society 2:30
25	26 6:30 pm Sleep is the Golden Chain	27	28	29 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	30	

June 2023

Thursday, June 1, 15, 22 and 29 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, June 5 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, June 12 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food” Part One”

This is a completely updated review of whole food, plant-based nutrition. You will learn the “how and why” related to the concept of “Let Food be Your Medicine and Medicine be Your Food”. If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course you do not want to miss. Presented by Dr. Jane Powley, Founder and Director of Wellness Plus Delaware for 26 years.

Monday, June 19 at 6:30 pm “Make Your Own Pizza”

Shirley Rineer, long time member of Wellness Plus, will bring all the vegan ingredients: a variety of veggies, soy crumbles & vegan pepperoni and mozzarella, including her own homemade, authentic Italian red sauce for us to enjoy. You will be surprised how delicious a vegan pizza can be! You get to pick your favorites to enjoy on a whole grain pita or a sprouted tortilla. So, come hungry! Your \$5 donation to her will cover the cost of the food and also buy a yummy dinner.

Monday, June 26 at 6:30 pm “Sleep - Sleep is the Golden Chain that Ties Health and Our Bodies Together”

Judy Filipkowski has been doing research on sleeping for many decades and researched this topic the past year. We need time for our brain and body to grow and repair; a good night’s sleep keeps us alert and ready to face the day. There’s a lot of scientific studies and suggestions. Hopefully some of these will help you achieve a better night’s sleep.

Weekly Exercise Program

Thursday, June 1, 15, 22, and 29 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, June 24. Many items will be for sale at 50% off.

Saturday, June 24 at 2:30 pm "Bless My USA : Tri-color Jewelry Set"

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

Just coming to say "Hi" is enough.

We have been asked to show some versatile skills to make bracelets. Here you are - you will learn the most useful way to give your beaded strand a perfect finishing touch using bead tips and connectors - not just a bracelet but any beaded or cord strands like necklaces, or even anklets! In addition, you will learn how to make your inexpensive matching clasps by using the beads you probably already have. They look so perfect, and you may never want or need to buy another clasp again! Of course, we have to show you some basic wire work to attach charms. As an added bonus in this class, you will be able to make a pair of matching earrings too! If you think you already know how to do all of these, but just want to buy the kit, please let us know in advance. We will prepare it for you so you can just come to pick it up.

Remember when you show up to pick up your kit, you will also get a bag of beads for FREE! Your kit includes 100% natural 8 mm stone beads: high quality organic pearls, blue lapis and red corals. Findings are made from stainless metals.

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

Kits can be purchased at \$19.99 if paid in advance and \$27 at the door.

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

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

