

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

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> Center Closed	<i>4</i>	<i>5</i>	<i>6</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>11</i>	<i>12</i>	<i>13</i> Center Closed	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm The Science Behind Combining Foods	<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> 2:30 pm Bead Society
<i>23</i>	<i>24</i> 6:30 pm Growing Younger with Age	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> 6:30 pm Let Food Be Your Medicine Part 2					

July 2023

Thursday, July 6, 20 & 27 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, July 10 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, July 17 at 6:30 pm “The Science behind Combining Foods”

Presented by Brigitte Blanco. This session focuses on the digestive processes in the entire length of the digestive system, starting in the mouth and going towards the rectum. Each part of the system has its priorities and main tasks. Understanding this process helps explain the advisability of combining or not combining certain foods or food groups, i.e. carbohydrates, both complex (starches) and simple (sugars), protein foods and fats. We will examine the evidence of advisable food combinations based especially on the insights gained in the last 20 to 30 years which help to update older concepts, and, in some ways, also take us back to some of the ancient concepts we have learned to ignore during the 20th century and beyond. As usual, bring your questions.

Brigitte Blanco has worked for over 25 years as a consultant to pharmaceutical companies regarding the type of evidence needed for practitioners of medicine. She also has completed certificate programs at several institutions, including Wellness Forum Health Institute (Health and Nutrition Educator), The Starch Solution Program (Dr. John McDougall) and eCornell’s course on nutrition (T. Colin Campbell) and is well-trained in using the approach of evaluating scientific evidence supporting (or not) certain concepts, whether mainstream or not.

Monday, July 24 at 6:30 pm “Growing Younger with Age”

Babies and toddlers smile and laugh, play with and explore and question everything around them. Then they grow “up”, trained by certified “grownups” to get serious about their lives. This class explores how we can little by little reverse that training, reclaiming play and possibility we surrendered without ever noticing. What is happening in our lives is never what is actually happening, but what we tell ourselves is happening. So together, let’s explore ways to re-capture being curious and light-hearted no matter what swirls around us.

AND PLEASE NOTE I offer this class as much for me as for you. I need to keep resuscitating what I have given up as much as anyone. THE SECRET? ... If you want to learn something, teach it. ☺

Monday, June 26 at 6:30 pm “Let Food be Your Medicine -Your School of Healing by Food” (Part 2- Beyond WFPB)

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do in order to get your desirable healing to take place, or do you just want to jump start with quicker results for reversing just about any diseases (yes, you read it right, just about ANY diseases) without side effects? If so, this class is for you. Presented by Dr. Jane Powley, founder and director of Wellness Plus for 26 years.

Weekly Exercise Program

Thursday, July 6, 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, July 22. Many items will be for sale at 50% off.

Saturday, July 22 at 2:30 pm "My Virtual Summer Vacation - Aloha Nut & Sea Life Jewelry Set"

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

Just coming to say "Hi" is enough.

Summer is here! Will you be able to go to your dream vacation destination? How about Hawaii? Here you go - we can give you a wonderful summer vacation VIRTUALLY in this class! Come to make this beautiful summer jewelry set: the pendant is an original Aloha Kukui Nut hand-painted with palm trees. You will be provided with big natural "Dragon Tooth" pearls, puka shells, ceramic sea stars, hematite beads and other colorful sea shell beads. The charms and findings are made of stainless steel. You will learn the easy way of using the crimping technique for jewelry making. You will be so relaxed after this class because you will have just come back from your "dream vacation"!

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!

\$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

