

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

302-478-3782

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

August 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>	<i>7</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> Center Closed	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>15</i>	<i>16</i>	<i>17</i> Center Closed	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>22</i>	<i>23</i>	<i>24</i> Center Closed	<i>25</i>	<i>26</i> <i>2:30 pm</i> <i>Bead Society</i>
<i>27</i>	<i>28</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>29</i>	<i>30</i>	<i>31</i> Center Closed		

August 2023

Thursday, August 14, 21 and 28 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, August 7 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.*

Weekly Exercise Program

Monday, August 14, 21 and 28 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, August 26. Many items will be for sale at 50% off.

Saturday, August 26 at 2:30 pm "Happy Summer Earring Medley"

Free bag of beads for everyone who shows up! No purchase or class participation necessary! Just coming to say "Hi" is enough.

When you must spend more for your daily essentials like groceries and gasoline, we want to save you money for your jewelry. With some simple and easy wire work you can create all three pairs of these modern designed earrings! Using trendy treasures from the sea, including 100% natural pearls, different seashells and Swarovski crystals, you will gain a FULL spectrum of earring making skills! Some very interesting things that we also want to share with you are according to Feng Shui theory, the objects from the sea belong to the Water Element, which promotes your cash flow. A pair of hanging sandals is known to avoid evil spirits! If you want to learn more, please come to this class. An experienced Feng Shui teacher will be able to answer your Feng Shui questions.

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

