

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

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> Center Closed	<i>5</i>	<i>6</i>	<i>7</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>12</i>	<i>13</i>	<i>14</i> Center Closed	<i>15</i>	<i>16</i> <i>2:30 pm Bead Society</i>
<i>17</i>	<i>18</i> 6:30 pm Let Food Be Your Medicine Part 3	<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>	<i>25</i> 6:30 pm Exercise to Prevent and Slow Aging	<i>26</i>	<i>27</i>	<i>28</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>29</i>	<i>30</i>

September 2023

Thursday, September 7, 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, September 11 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, September 18th at 6:30 “Let Food Be Medicine – Your School of Healing by Food Part 3 Grow Younger at the Cellular Level”

If you missed our informative part 1 and 2, this class will definitely give you a good catch up. You will learn nature’s remarkable gift of food groups deeply rooted in human history that not only provides optimum health and may heal the “incurable,” but also reverses aging! Come and join us to get the knowledge to regain the vitality and joyful life that you have always wanted. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 26 years.

Monday, September 25th at 6:30 pm “Exercise to Prevent and Slow Aging”

Presented by Wellness Plus Fitness Director Zoltan Hall. Come learn how exercise helps our everyday life and promotes better balance and improved wellbeing. Learn about specific exercises and stretches that keep you flexible and independent.

Weekly Exercise Program

Monday, September 7, 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, September 16. Many items will be for sale at 50% off.

Saturday, September 16 at 2:30 pm "Magnetic Jewelry Set "

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

Since Roman times, magnets have long been thought to improve the body's ability to heal itself. This magnetic bangle bracelet & earring set may block the radiation from cell phones, iPads, computers and protect your heart, hearing and whole body! In addition, you can also add a Yin Yang charm to your finished bracelet - according to the ancient Feng Shui wisdom, Yin Yang is a symbol of a harmonious life! Come to learn some very useful wire work by using all natural magnetic hematite beads and organic pearls and get a professional finish with, again, a magnetic clasp. Let your handmade magnetic jewelry protect your body and mind! We even have a "Bracelet Mandrel tool" as our gift for you to take home!

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

