

# Wellness Plus Delaware

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://www.wellnessplusintl.com)

3617 Silverside Road Talleyville Center 2nd floor

Wilmington, DE 19810

302-478-7723

<p><b><u>STORE HOURS</u></b></p> <p>1. Monday: 30 min. before &amp; 30 min. after program</p> <p>2. 15 min. before &amp; after exercise class or</p> <p>3. By appointment Call 302-478-3782</p>
---

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

## December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i>
<i>3</i>	<i>4</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>5</i>	<i>6</i>	<i>7</i> <i>Center Closed</i>	<i>8</i>	<i>9</i> <i>2:30 pm</i> <i>Bead</i> <i>Society</i>
<i>10</i>	<i>11</i> 6:30 pm Let Food Be Your Medicine Part 1	<i>12</i>	<i>13</i>	<i>14</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i> 6:30 pm Inflammation – the Source of all Diseases Part 2	<i>19</i>	<i>20</i>	<i>21</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i> <i>Center Closed</i>	<i>26</i>	<i>27</i>	<i>28</i> <i>Center Closed</i>	<i>29</i>	<i>30</i>

## December 2023

### **Thursday, December 14 and 21 at 7:30 pm. Natural Healing Workshop**

The focus will be 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, December 4 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, December 11 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, December 18 at 6:30 pm “Inflammation – The Source of All Diseases” Part Two**

We all know that injuries almost always are accompanied by inflammations such as swelling and tissue damage, especially when infections occur. Aside from treating the injury, what are some things we can do to reduce the inflammation quickly? How about skin conditions such as psoriasis and eczema? In part two, we will also learn how inflammation has a big impact on artery clogging and heart failure and what we can do about it. Also, high blood pressure is closely related to inflammation. Finally, we will see how inflammations play a role in many other conditions such as arthritis, cancer, diabetes and even aging. Come to see how we can lower our risks, especially with miracle enzymes and other natural and inexpensive solutions! Presented by Dr. Chuck Powley

## Weekly Exercise Program

### **Thursday, December 14 and 21 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](mailto: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, December 9. Many items will be for sale at 50% off.*

**Saturday, December 9 at 2:30 pm "Let the Candy Cane Tell a Holy Story - Merry Christmas Jewelry Set"**

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

The story of the origin of candy canes says that in 1670, in Cologne, Germany, the choirmaster at the Cathedral asked a local candy maker for some "sugar sticks" for the purpose of calming down the noise caused by children in his church during the service on Christmas Eve. He asked the candy maker to add a crook to the top of each stick to help children to remember the shepherds who visited the infant Jesus and to use the white color of the converted sticks to teach children about the Christian belief in the sinless life of Jesus. Since then, the candy cane has become associated with Christmas celebrations worldwide..

\$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](mailto:cj.powley@verizon.net).  
Directions-  
<https://www.facebook.com/100063917499054/posts/723790149761562/>

