

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—2024

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$479	\$46
Business	\$499	\$49

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <i>Center Closed</i>	<i>2</i>	<i>3</i>	<i>4</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>9</i>	<i>10</i>	<i>11</i> <i>Center Closed</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> 6:30 pm Let Food Be Your Medicine Part 2	<i>16</i>	<i>17</i>	<i>18</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>19</i>	<i>20</i> <i>2:30 pm</i> <i>Bead Society</i>
<i>21</i>	<i>22</i> 6:30 pm Where Do You Get Your Protein?	<i>23</i>	<i>24</i>	<i>25</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>26</i>	<i>27</i>
<i>6:</i>	<i>29</i> 6:30 pm Can You Think Yourself to Wellness?	<i>30</i>	<i>31</i>			

January 2024

Thursday, January 4, 18 and 25 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, January 8 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, January 15 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food” (Part Two, 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 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.

Monday, January 22 at 6:30 pm “Where Do You Get Your Protein?”

This is a perpetual question and so easy to answer. Discover why animal proteins are hazardous to our health and how easy it is to get our protein from plants. So many also say, oh, soy is bad! No, it’s amazingly good for us. You will also discover most people eat too much protein and no one has died of too little protein! A handout with information will be given with recipes. Presented by Certified Whole Food Plant Based Educator, Judy Filipkowski.

Monday, January 29 at 6:30 pm "Can you Think Yourself to Wellness? The Importance of Maintaining or Achieving Positive Thinking”

This is an Interactive Presentation about the science behind the importance of Positive Thinking. We will also engage in some simple exercises that help us think positively regardless of whether we are in the middle of a grey and cold winter or dealing with those life issues and circumstances that seem designed to get us down. Can we simply choose to be happy? Or, if that turns out to be difficult, what can help us achieve a mental state of wellbeing that helps both in terms of mental attitude but also provides better ability to deal with physical adversities? Brigitte Blanco, a native of Germany, has graduated from Wellness Forum Health with a Health and Nutrition Educator Diploma. She also has Master-level degrees in Social Work from Germany and the USA and has been working with people to resolve interpersonal and intra-personal conflicts for decades. This especially is an area she has never stopped learning more and finds fundamental to a happy life.

Weekly Exercise Program

Thursday, January 4, 18 and 25 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, January 20. Many items will be for sale at 50% off.

Saturday, January 20 at 2:30 pm “Wire Your Way to a Warmer Winter - Two Tone Opal Ring

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

Opal is a gemstone that has actually long been valued as a stone of luck and magic. The name "opal" comes from the Sanskrit word upala, meaning precious stone. In Indian mythology, the virgin Goddess of the Rainbow was turned into an opal by the Mother Goddess because she was being chased by suitors Brahma, Vishnu and Shiva. Ancient Greeks thought the stone could give people the gift of prophecy and protected them from disease. During Roman times, the Latin word opalus came into use. Come and learn how to turn this magic and mysterious stone into perfect rings. The useful skills of wire work will enable you to make many professional looking rings without messy soldering.

\$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-

<https://www.facebook.com/100063917499054/posts/723790149761562/>

