

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

February 2024

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

February 2024

Thursday, February 1, 15, 22 & 29 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, February 5 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, February 12 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 27 years.

Monday, February 19th at 6:30 “Be You Own Physical Therapist”

Gentle Self-Care ExerSighs™ to Keep Your Body Flexible and Resilient, presented by Dr. Bob Burg. ExerSighs™ are easy and gentle ways that I have taught clients and used to maintain my own health for decades. And you can use them every day to eliminate common aches and pains or reduce and manage more serious chronic issues. Come to this class/workshop with a physical symptom you would like help with, whether debilitating or just annoying. Together we can find a range of gentle ways each of you can address any area of your body, personally customized to match your individual condition and capacities.

Monday, February 26th at 6:30 “Potluck with Alkaline Foods”

A more alkaline diet helps protect our cells and balance mineral levels, protects our bones and muscle mass and reduces chronic pain and inflammation. For instance: cucumbers help regular blood pressure. Then there is avocado, bell peppers, spinach, kale, broccoli and celery, barley grass and dandelion greens followed by green tea, beets, most lettuce, tomato, green beans and red radish. What tasty treat can you make out of these top alkaline ingredients?

Weekly Exercise Program

Thursday, February 1, 15, 22 & 29 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, February 24. Many items will be for sale at 50% off.
Saturday, February 24 at 2:30 pm “Celebrate the Lunar New Year - All Natural Feng Shui Bracelet”
Free bag of beads for everyone who shows up! No purchase or class participation necessary! Just coming to say “Hi” is enough.

Did you know that this year we celebrate the Lunar New Year on February 10th? That is a calendar based on the phases of the moon. Come and join us to make this bracelet with rich Feng Shui meaning - an ancient wisdom for living in harmony with mother nature!

- ✦ JADE - The most treasured gemstone in Feng Shui that has the strongest positive Qi (Feng Shui energy) field, proven to be the most therapeutic stone regardless of sex and age.
- ✦ BAMBOO - The Star of Resilience known to have the strongest life Qi in the plant kingdom.
- ✦ TURTLES - The Star of Longevity known to have the strongest life Qi and the longest life span in the animal kingdom.
- ✦ COLOR RED - Repel ill/negative Qi and
- ✦ TASSEL - Bring in healthy/positive Qi.

You will not only learn how to make highly stretchable and durable bracelets but also important skills of making charms from beads as well as to make perfect looking tassels from any thread!

\$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/>

