

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 |

April 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|-----------|-----------|---|-----------|---|
| | 1 6:30 pm Exercise 7:30 pm Members Forum | 2 | 3 | 4 Center Closed | 5 | 6 |
| 7 | 8 6:30 pm Postbiotics and Using Dietary Fiber for Fuel | 9 | 10 | 11 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30 | 12 | 13 <i>Bead Society</i> 2:30 pm |
| 14 | 15 6:30 pm Blue Zones | 16 | 17 | 18 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30 | 19 | 20 |
| 21 | 22 6:30 pm LFBYM Part 3: Grow Younger at the Cellular Level | 23 | 24 | 26 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30 | 26 | 27 |
| 28 | 29 6:30 pm Staying Sharp and Smart for Life Part 1 | 30 | | | | |

April 2024

Thursday, April 11, 18 and 26 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, April 1 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, April 8th at 6:30 pm Movie Night “Postbiotics & Using Dietary Fiber for Fuel”

By Dr. Will Bilisiewicz. How almost all modern diseases are from inflammation which is the source of most diseases, originating in the microbiome of the gut, where he discusses probiotics, fiber for fuel and poor dietary choices. 42 minutes. Discussion to follow. Bring your cruciferous veggies for snacking!!

Monday, April 15th at 6:30 pm “Blue Zones: What Are They and How Does Research Conducted There Apply to Our Lives Here?”

Daniel Buettner published his first work on Blue Zones in 2012 to help us understand what people in areas where people live the longest healthy lives do differently and what are common behaviors and habits across the 5 Blue Zones. Join us on April 15 to explore what those behaviors and habits are and how we can improve our lives by paying attention to those habits.

Brigitte Blanco, a native of Germany, has graduated from Wellness Forum Health with a Health and Nutrition Educator Diploma. She also has certificates from eCornell where she has completed T. Colin Campbell's Nutrition program as well as from Dr. McDougall's Starch Solution Program. She has been working with people to resolve health issues since 2013. Brigitte is happy to report that she has personally met Dan Buettner when he talked about his first book at one of the McDougall conferences. The concept of healthy long lives is of special interest to her, and her focus is on working with people who are interested in learning more about these cultures and what makes them special. Brigitte is also participating in several food clubs or meet-ups that focus on sharing food and community that emulates at least some of the healthy habits of blue zone inhabitants.

Monday, April 22 at 6:30 pm “Let Food Be Your Medicine – Your School of Healing by Food Part 3 : Grow Younger at the Cellular Level!”

If you missed our informative parts 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 always wanted. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 27 years.

Monday, April 29 at 6:30 pm “Staying Sharp and Smart for Life”

Dementia, which includes Alzheimer’s Disease, may be the most dreaded group of chronic diseases that we now know are brought on by lifestyles that include poor diets and sedentary habits. The physical, emotional, and economic tolls these diseases take on individuals, their families and society are becoming unmanageable. Medical research is far away from finding a cure or even a preventive vaccine of some sort, and this may never happen. Guess what – the lifestyle choices you make now are your best bet for

preventing this disease and even slowing the progress in your loved ones! Part one of a two-part series presented by Dr. Chuck Powley.

Weekly Exercise Program

Thursday, April 11, 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, April 13. Many items will be for sale at 50% off.

Saturday, April 13 at 2:30 pm "Let Chandelier Earrings Bring Healthy Energy to You"

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 according to Feng Shui theory, anything that resembles tassels that will move with the wind can bring in a healthy and positive energy flow? Well, a pair of chandelier earrings will do just that for you! This could be one of the reasons that just about every woman, young or old, loves some kind of chandelier earrings. But they can be pricey to buy. So why not come to this class to learn how to make them yourself? You will learn how to make them the quick way with stations (like the ones in fig.1) as well as the more advanced way with genuine pearls, wires, jump rings and pins (like the other ones in fig. 2). The advantage of the ones without stations is that you will not only save money on buying "ready-made" stations but also have all kinds of choices to make whatever you want: long or short, wide or narrow with any beads that you like!

\$12 – class fee if paid in advance \$19– class fee at door.

Kits can be purchased at \$19.99 each if paid in advance and \$27 each at the door.

To register: call: 302-478-3782 or e-mail: cj.powley@verizon.net.

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

