



Wellness Plus Delaware

Let Food be Your Medicine, Medicine your Food

3617 Silverside Road 2nd floor

Talleyville Center, between FoodEase & Great Stuff

Wilmington, Delaware 19810

302-478-3782

Wellness Plus Delaware invites you to attend *“Let Green Tea be Our Medicine”*

On: Monday, March 11th, 2024 at 6:30 PM

At: 3617 Silverside Road

This is open to the public free of charge - everyone is welcome.
Reservation requested – call 302-478-3782 or email cj.powley@verizon.net

Wellness Plus Delaware has the world’s freshest, purest and food grade green tea, which is as beautiful as green jade. But, did you know that all of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality? Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. (The 10% discount (56¢/cup* vs 63¢/cup*) is only good that night.)

Topics to be covered:

1. Therapeutic green tea vs commercial green tea
2. Green tea and the immune system
3. Green tea and cardiovascular recovery
4. Green tea and mental health
5. Green tea and weight loss
6. Green tea and diabetic recovery
7. Green tea and longevity

And more

Come to learn all the above AND how to obtain the maximum benefit from this miracle food!

FREE SEMINAR

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*Members prices

Get New Tea at 10% Off (56¢/cup) – The Lowest Price of the Year

The Freshest Green Tea – First Shipment in 2024

Important Note:

We receive three shipments per year, all harvested in the spring and shipped out in May, September and December, to arrive about 3 months later. The second and third shipments will be stored in China without refrigeration. Therefore, the first shipment is freshest, and is always in high demand. Only if you prepay (before March 11), will we guarantee that you get your order from the first shipment. If you come to our March 11, 2024 class and order in person, you will also get 10% off your order.

Your 2024 Prepaid Green Tea Order Form

(please print)

Name: _____

Address: _____

Telephone: _____

Email: _____

A. Organic Tea Bags

<i>Member</i>				<i>Non-Member</i>			
Size	Price	Qty	Dollar Total	Size	Price	Qty	Dollar Total
Bags (30-day supply, 4 cups/day equivalent)	\$75.00			Bags (30-day supply, 4 cups/day equivalent)	\$100.00		

Total Dollars (members): _____

Total Dollars (non-members): _____

Indicate Type of Payment:

Cash _____ Check # _____ (please make check payable to Wellness Plus)

Credit Card # _____ Exp. Date _____

Signature _____

Mail to: Wellness Plus, 172 Landis Way N, Wilmington, DE 19803 or call 302-478-3782 or email
cj.Powley@verizon.net.

Be Smart!

Buy the best green tea at lower prices (63¢/cup*, before 10% off) than McDonald's (black tea at \$1.89/cup)

*Members prices

Wellness Plus Delaware

Let Your Food be Your Medicine, Your Medicine your Food www.wellnessplusintl.com

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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

March 2024

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> Center Closed	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Annual Green Tea Night	<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> Bead Society 2:30 pm
<i>17</i>	<i>18</i> 6:30 pm Muscle: the Secret to Weight Loss	<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> 6:30 pm The Pleasure Trap	<i>26</i>	<i>27</i>	<i>28</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:3	<i>29</i>	<i>30</i>

March 2024

Thursday, March 14, 21, and 28 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, March 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, March 11 at 6:30 pm “Annual Green Tea Night”

Presented by Dr. Jane Powley. Wellness Plus Delaware has the freshest, purest and only edible green tea, which is as beautiful as green jade. All of our special green tea has to be harvested between March 27 and April 15, to ensure the best quality. Also, did you know that the first shipment of the year would be the best of the green tea? We will be holding a free green tea educational event at our center. See front page for details.

Monday, March 18 at 6:30 pm “Muscle: The Secret to Weight Loss”

Trying to lose weight and keep it off can be a frustrating endeavor. Our Fitness Director Zoltan will explain how you can increase your lean muscle mass while burning fat and give the secret to keeping it off. Come join us as he simplifies the process and provides you with the tools necessary to get fit and stay fit. You will leave feeling empowered to take control of your fitness and weight loss journey.

Monday, March 25 at 6:30 PM “The Pleasure Trap – Fat, Salt, Sugar and those Pesky Carbs!”

Certified plant-based instructor, Judy Filipkowski, will explain why these foods are confusing, and which are healthy. Carbs are our friend! The food industry fools us and influences many of our food choices with false information in their advertising.

Weekly Exercise Program

Thursday, March 14, 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, March 16. Many items will be for sale at 50% off.

Saturday, March 16 at 2:30 pm "Welcome Spring - Cherry Blossom Jewelry Set"

Free bag of beads for everyone who shows up! No purchase or class participation necessary!

Just coming to say "Hi" is enough.

Do you feel that you have had enough cold weather? Let us welcome the long-awaited spring season by creating this beautiful crystal cherry blossoms tree set! Cherry Blossoms are seen as symbols of renewal, rebirth and reincarnation. The cherry spirit teaches us to embrace the sweetness and grace of life while practicing non-attachment. You will learn some professional wire working skills by using genuine pink crystals to make the tree pendant and finish the necklace easily with elastic cord - meaning no clasp needed! You will also learn the basic beaded earring work that is so useful for your future projects.

\$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/>

