

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
302-478-3782

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

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 pm Exercise 7:30 pm Members Forum	3	4	5 Center Closed	6	7
8	9 6:30 pm Reduce Aches and Pains Gently	10	11	12 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	13	14 2:30 pm Bead Society
15	16 6:30 pm Journey to a Plant-Based Diet	17	18	19 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	20	21
22	23 Center Closed	24	25	26 Center Closed	27	28
29	30 Center Closed	31				

December 2024

Thursday, December 12 and 19 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 2 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 9th at 6:30 pm “Reduce Aches & Pain, Simply & Gently

Presented by Dr. Bob Burg. All of us have vulnerable areas that hurt every once in a while, or maybe all the time. So, this class will show each of you gentle and specific ExerSighs™ customized just for you, that keep the continuous web of connective tissues throughout your body more flexible and at ease. All are designed for you to do without straining your body, simple positions to relax into that feel relieving in the moment, reduce recurring aches, serious pain, and even strengthen your immune system. And all are guided by whatever position and exact direction feels best as you do them. I use these ExerSighs™ proactively every day as soon as I feel the slightest soreness, even to help in healing organic issues. So come to this class to learn simple and gentle ways to keep your body healthier while reducing aches and pains.

For 45 years Bob has been a practicing Doctor of Naprapathy, a gentle spinal and joint connective tissue therapy based in Chicago. Since his initial training, Bob has integrated over 20 modalities into his Naprapathic LiquidBody Therapy working with client feedback to deliver relaxing and lasting relief to whatever issues they are experiencing. As a Partner in Health the past 23 years, Bob has been helping clients in our Wellness Center, including teaching effective self-care ExerSighs™. Contact him to schedule a complementary first session.

Monday, December 16th at 6:30 pm “A Journey to a Plant Based Diet”

Presented by Judy Filipkowski, Certified Plant-Based Educator. If you are new to this lifestyle or want a “tune-up”, Judy will present information based on the latest science. This includes basic information on setting goals, food suggestions, planning menus, eating at restaurants and even a list of what to stock up in the kitchen. Plus, the all-time favorite – recipes!!

Weekly Exercise Program

Thursday, December 12 and 19 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.

The Center will close after the December 19th program for a holiday break.
We will start again in 2026 on Thursday, January 2nd.
Best wishes for a Merry Christmas, Happy Chanukah and Happy New Year!!
Eat Well, Sleep Well, Be Well!

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 14 Many items will be for sale at 50% off.

Saturday, December 14 at 2:30 pm " All is Bright 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 not let the holidays stress you out! Jesus' birth tells us that God is actively working to redeem all people and the whole world. We trust in the God whose love is perfectly able to make all things calm and all things bright! Come to this class to relax and have fun! You will use the highest clarity natural crystal and choices of either holiday-colored wire and fish connector (picture 1) or plain silver wire (picture 2) to make this super bright jewelry set. You will acquire the most universal wire working skills so exquisite that everyone will think you are a professional jeweler! They are perfect gifts for yourself and whomever is on your holiday gift list!

\$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/>

Picture 1



Picture 2

