



## *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 10<sup>th</sup>, 2025 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](mailto: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 (57¢/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 (57¢/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 10), will we guarantee that you get your order from the first shipment. If you come to our March 10, 2025 class and order in person, you will also get 10% off your order.

### Your 2025 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)	\$75.50			Bags (30-day supply, 4 cups/day equivalent)	\$101.00		

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 \$1.99/cup)

\*Members prices

# Wellness Plus Delaware

*Let Your Food be Your Medicine, Your Medicine your Food*     [www.wellnessplusintl.com](http://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—2025

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$489	\$47
Business	\$509	\$50

## March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>4</i>	<i>5</i>	<i>6</i> Center Closed	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm Annual Green Tea Event	<i>11</i>	<i>12</i>	<i>13</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> 6:30 pm Why Plant Protein	<i>18</i>	<i>19</i>	<i>20</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> 6:30 pm Party Time with Plant-Based Protein	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> 6:30 pm Sharing Our Challenges and Successes					

## March 2025

### **Thursday, March 13, 20 and 27 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 3 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 10 at 6:30 pm “Special Event – Let Green Tea be Our Medicine”**

See attached flyer.

### **Monday, March 17 at 6:30 pm “Why Plant Protein?”**

There are numerous studies that have shown the benefit of plant protein in reversing and preventing disease and successful aging, as well as many that show the detriment of eating animal protein. Most of us grew up with a piece of chicken or cow as the main course, 3 times a day. It takes a lot of information and perhaps a gradual change to break from that cultural habit. Some folks switch due to caring about the animals and others to save the health of the planet. Maybe consider saving your health!.

### **Monday, March 24 at 6:30 “Party Time with Plant Based Protein”**

Share your favorite plant based food, bring a snack and the recipe for us all to enjoy. Let us see how delicious our plant based food can be. **If you do not know what to do here are some ideas:** vegan pepperoni, plant based/ meatless flavored chicken, fish and pork at Wegman’s, edamame, tofurkey slices, peanut butter in celery sticks, air popped popcorn, pistachios, roasted chickpeas hummus & veggie chips.

### **Monday, March 31<sup>st</sup> at 6:30 “Sharing Our Challenges and Successes on our path to Health”**

From the College of lifestyle Medicine - A successful healthy life is based on 6 ways to take control of your healthy. 1. Whole food Plant Based Diet 2. Physical activity 3. Stress Management 4. Avoid risky stuff like tobacco and alcohol 5. Sleep and 6. Positive Social Connection and relationships affect our physical, mental and emotional healthy and can help reinforce healthy behaviors. This last topic is why we will gather this night to share our stories, socialize, get to know one another better and have some fun!

## Weekly Exercise Program

### **Thursday, March 13, 20 and 27 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](mailto: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 22. All beads and jewelry will be buy one get one free!.*

### **Saturday, March 22 at 2:30 pm " Grow Smarter Like a Honeybee - Necklace and Earring Set"**

**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 honeybees are profoundly smart, have distinct personalities, can recognize flowers and human faces, exhibit basic emotions, and can even use simple tools and solve problems? Let us have a honeybee live with us by creating this all-natural wired honeybee jewelry set in this class. You will use genuine honey jade and natural amber beads with black and gold seed beads. You will get step-by-step professional instructions to achieve your desired result even though it looks like a rather complicated project. You WILL be able to have a lovely smart honeybee jewelry set to take home!

\$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](mailto:cj.powley@verizon.net)..

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

