

# *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

302-478-7723

<p><b><u>STORE HOURS</u></b></p> <ol style="list-style-type: none"> <li>1. Monday: 30 min. before &amp; 30 min. after program</li> <li>2. 15 min. before &amp; after exercise class or</li> <li>3. By appointment Call 302-478-3782</li> </ol>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr                  All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><b><u>MEMBERSHIP—2021</u></b></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Annual</u></td> <td style="text-align: center;"><u>Monthly Installment</u></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$449</td> <td style="text-align: center;">\$43</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$469</td> <td style="text-align: center;">\$45</td> </tr> </table>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$449	\$43	Business	\$469	\$45
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## October 2021

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> <i>Center Closed</i>	<i>8</i>	<i>9</i> Bead Society 2-5 pm
<i>10</i>	<i>11</i> 6:30 pm Love Your Plants	<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>
<i>17</i>	<i>18</i> 6:30 pm Drug Free Healing Through Nutrition and Lifestyle Part 1	<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 Power of Being Your Own Doctor	<i>26</i>	<i>27</i>	<i>28</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>29</i>	<i>30</i>

## October 2021

### **Thursday, October 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, October 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, October 11 at 6:30 pm “Love Your Plants”**

Discover the nutrient value as well as some history of many of our favorite fruits & veggies. Which are best to buy organic and some ways to prepare them. Of course, some recipes to share. Presented by Judy Filipkowski.

### **Monday, October 18 at 6:30 pm “Drug Free Healing Through Nutrition and Lifestyle”**

Dr. Jane Powley, the founder and director of Wellness Plus Delaware, has a rich background in both traditional Chinese medicine as well as modern western Food Therapy will give you a two-session (4 hours total) introduction on how you can go step-by-step to be your own doctor and help your body heal itself of many conditions or illnesses. Jane, a survivor of Chinese labor camps during the cultural revolution of the 1960's, pulled herself from death through “whole foods” when doctors had given up on her and said her condition was terminal. Come listen to her amazing story and learn how you too can take control of your own health without expensive and toxic drugs.

### **Monday, October 25<sup>th</sup> at 6:30 pm “The Power of Being Your Own Doctor”**

Western medicine has developed many life-saving products in the form of drugs and procedures. There are many well-meaning doctors who will use their training and background to help you gain access to these products, and their input is important and valuable, but should not be your only source of information. In this session, you will learn how to process input from all sources with a healthy dose of skepticism, but not cynicism. You will also learn how to choose information sources that are based on good science, and how you should get input from a variety of reliable sources. Presented by Dr. Chuck Powley

## **Weekly Exercise Program**

### **Thursday, October 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](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, September 10. Many items will be for sale at 50% off.*

### Event #1 Saturday, October 9 2-4 pm “Calm Me Down in Difficult Times – Yin & Yan and Jade Jewelry Set”

Did you know that the advice from Centenarians in the Orient when things were tough is “Follow the Philosophy of Yin & Yang”? Come to join us to make this easy jade necklace and earring set! You will not only learn the basic wire skill but also get the wonderful calming Qi (energy) from all-natural Chinese jade embellished with genuine Swarovski crystals.

\$12 – class fee if paid in advance

\$19 – class fee at door

Kits can be purchased at \$25 each.

Call 302-478-3782 e-mail - [cj.powley@verizon.net](mailto:cj.powley@verizon.net).

Directions- [www.wellnessplusintl.com/contact/contact.htm](http://www.wellnessplusintl.com/contact/contact.htm)



How to Stay Relaxed in Difficult Situation  
Advices from Centenarians in Orient



Always remember:

“The world is full of yin and yang”



So this shall too pass.

What Yin-Yang Tells Us

1. The world is binary
2. The world always changes
3. The world will never be perfect
4. Harmony is the way to relaxation



We will get through it with wisdom and positivity!

### Event #2 Saturday, October 9 2-5 pm

All stone beads will be 50% off.