

# 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

### 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—2022

	<u>Annual</u>	<u>Monthly</u>	<u>Installment</u>
Family	\$459		\$44
Business	\$479		\$47

## October 2022

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> <b>Center Closed</b>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> 6:30 pm Let Food Be Your Medicine Part One	<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 The Science Behind Essential Oils	<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 Letting Go from the Inside Out	<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> <b>Bead Society 2:30 – 5 pm</b>
<i>30</i>	<i>31</i> 6:30 pm Eat the Rainbow					

## October 2022

### **Thursday, October 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, October 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! 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 10 at 6:30 pm "Let Food Be Your Medicine – Your School of Healing by Food” Part One**

This is a complete updated review of whole food, plant-based nutrition. You will learn the “how and why” related to the concept of “Let Food be Your Medicine and Medicine be Your Food”. If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course you do not want to miss. Presented by Dr. Jane Powley, Founder and Director of Wellness Plus Delaware for 25 years.

### **Monday, October 17 at 6:30 pm “The Science Behind Essential Oils”**

We have been enjoying the essential oils for many years. But have you wondered about how they are made, what is in them and how they work? We will learn all of this, plus other useful information like how do high quality and low quality oils differ, how do we know which oils are good enough for our health conditions, and why there are so many different single oils and blends. Presented by Dr. Chuck Powley, who has studied and analyzed natural products for many years.

### **Monday October 24 at 6:30 pm Letting Go from the Inside Out – Relaxing Your Way to Health**

*Naprapathic LiquidBody Therapy and Self-Care ExerSighs™* Instructor – Bob Burg, DN

- Symptoms and dysfunction occur wherever our bodies are clenched tightest. And without being aware of how we habitually hold and move ourselves, joints and organs become increasingly vulnerable, overwhelming the body’s capacity to feel and function smoothly.
- So, in my decades of Naprapathic connective tissue therapy, I’ve practiced and evolved the gentlest most effective ways to help your body relax from the inside out, then teach you easy and comfortable exer-sighs to increase more fluid functioning day to day.
- This process reduces chronic and cumulative strain throughout your body, feeding the body’s inherent capacity to heal itself. Letting go of local and systemic stress increases circulation, calms inflamed nerves, and helps joints and organs function at their best.
- It truly becomes a way to relax your way to health and well-being.

### **Monday October 31 at 6:30 pm “Eat the Rainbow”**

The many colors of vegetables provide our body and our gut with a great variety of nutrients that not only are essential to our health but also taste great. We have root vegetables, cruciferous vegetables, mushrooms and much more to enjoy in our whole food, plant-based meals. Come listen to Judy Filipkowski, certified health educator who presents this talk.

## Weekly Exercise Program

**Thursday, October 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, October 29 Many items will be for sale at 50% off.*

**Saturday, October 29 at 2:30 pm "Healing Crystal Jewelry Set"**

**NEW!! Free bag of beads for everyone who shows up! No purchase or class participation necessary! Just coming to say "Hi" is enough.**

Do crystals actually work? The answer is yes - crystals do work. The science behind crystal healing is all about energy. Everything in the universe is made up of energy. Natural crystals can be a powerful tool for healing the mind, body, and spirit! Clear quartz known as the "master healer" may amplify energy and promote physical and emotional healing. Amethyst is known for its ability to calm and relax the mind and relieve stress, anxiety, and insomnia. Come to join us and make this beautiful necklace and earrings set. You will learn a very versatile wire wrapping work by making the clear quartz pendent. The exchangeable amethyst pendent is included in your kit. Notice the necklace cord has adjustable knots so you can choose your proper length. That will be another skill you will learn in this class.

\$12 – class fee if paid in advance

\$19– class fee at door

Kits can be purchased at \$19.99 each 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- [www.wellnessplusintl.com/contact/contact.htm](http://www.wellnessplusintl.com/contact/contact.htm)

