

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—2023

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$469	\$45
Business	\$489	\$48

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>3</i>	<i>4</i>	<i>5</i> Center Closed	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> 6:30 pm Young Food: Potluck	<i>10</i>	<i>11</i>	<i>12</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> 6:30 pm Inflammation and Disease Part 1	<i>17</i>	<i>18</i>	<i>19</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>20</i>	<i>21</i> 2:30 pm <i>Bead Society</i>
<i>22</i>	<i>23</i> 6:30 pm Acupuncture – A Holistic Medicine Approach	<i>24</i>	<i>25</i>	<i>26</i> 6:30 pm Exercise 7:30 pm Natural Healing Workshop	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i> 6:30 pm Feng Shui Part 1	<i>31</i>				

October 2023

Thursday, October 12, 19 and 26 at 7:30 pm. Natural Healing Workshop

The focus will be on 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 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, October 9 at 6:30 “Young Food: Potluck ”

Bring us something yummy to share that you learned in Dr. Jane’s Part 3 class in September. Recipes are appreciated. Not sure what a young food is? Ask Jane on Monday, Oct. 2nd for some ideas. Ideas: sprouted bread, crackers, peanut butter, tofu – sprouts for a salad, sprouted nuts and seeds...

Monday, October 16 at 6:30 pm “Inflammation – The Source of All Diseases” Part One”

We all know that injuries almost always are accompanied by inflammations such as swelling and tissue damage, especially when infections occur. Aside from treating the injury, what are some things we can do to reduce the inflammation quickly? How about skin conditions such as psoriasis and eczema? In part two, we will also learn how inflammation has a big impact on artery clogging and heart failure and what we can do about it. Also, high blood pressure is closely related to inflammation. Finally, we will see how inflammations play a role in many other conditions such as arthritis, cancer, diabetes and even aging. Come to see how we can lower our risks, especially with miracle enzymes and other natural and inexpensive solutions! Presented by Dr. Chuck Powley

Monday October 23rd at 6:30 pm “Acupuncture – A Holistic Medicine Approach”

Greg DelCollo is the owner of DelCollo Acupuncture in West Chester PA He is a licensed oriental medicine practitioner in the state of Pennsylvania, and he is NCCAOM board certified as a Diplomate of Oriental Medicine. He utilizes acupuncture and herbal medicine’s remarkable healing ability along with expert health guidance in nutrition, exercise, and lifestyle adjustments to empower people to healthier and happier lives. He will be talking about Traditional Chinese Medicine and how it is a complete system of medicine that has existed for over 2000 years. He will also go into more detail about the 5 branches of treatment that are available through Oriental Medicine such as acupuncture and herbal medicine. In addition, he will explore the biomechanistic explanations of acupuncture and how acupuncture has been shown to be an evidence based medicine.

Monday, October 30th at 6:30 pm “Feng Shui - Living in Harmony with Mother Nature”

This is a comprehensive three - part presentation on how to use ancient Chinese wisdom from Feng Shui to Imperial Medicine for living in harmony with nature. Presented by Dr. Jane Feng Powley, native Chinese. She will explain the peaceful and harmonious philosophy of Feng Shui and offer her amazing knowledge of using the unique Five Element Theory on human organs as well as natural stones, colors and ancient motifs to create abundance, happiness, true healing and health.

Weekly Exercise Program

Monday, October 12, 19 and 26 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, October 21. Many items will be for sale at 50% off.

Saturday, October 21 at 2:30 pm “The Tree of Life Jewelry Set ”

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

The Tree of Life is one of the most profound symbols in the world. It has a rich history and a deep spiritual meaning. It reminds us that we are all connected. The roots of the tree symbolize the connection to the earth. The trunk represents our connection to the physical world. The branches represent the connection to the heavens and the divine. It reminds us that we are all part of something much larger than ourselves! Come to learn the more advanced wire work to create this artistic Tree of Life necklace with a healing crystal (Black onyx with quartz) attached. Then make a matching earrings to wear with it or give it as a meaningful gift set to someone you love dearly.

\$12 – class fee if paid in advance \$19– class fee at door

Kits can be purchased at \$19.99 if paid in advance and \$27 at the door.

To register: call: 302-478-3782 or e-mail: cj.powley@verizon.net.

Directions-

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

