

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

302-478-7723

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—2024

	<u>Annual</u>	<u>Monthly</u>	<u>Installment</u>
Family	\$479		\$46
Business	\$499		\$49

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i> Center Closed	<i>3</i>	<i>4</i>	<i>5</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>10</i>	<i>11</i>	<i>12</i> Center Closed	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i> 6:30 pm Successful Aging with Wellness Plus Part 1	<i>17</i>	<i>18</i>	<i>19</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i> 6:30 pm Acupuncture a Holistic Medicine Approach	<i>24</i>	<i>25</i>	<i>26</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>27</i>	<i>28</i> Bead Society 2:30 pm
<i>29</i>	<i>30</i> 6:30 pm Avoiding Forever Chemicals					

September 2024

Monday, September 5, 19 and 26 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, September 9 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, September 16th at 6:30 pm "Successful Aging with Wellness Plus" (Part 1 of 3)

Presented by Dr. Jane Powley. Dr. Powley, founder and director of Wellness Plus, has over 38 years of experience in Holistic Medicine and a deep knowledge of Chinese medicine. She will present us with a framework for true independent living as we age. Yes, you do have a second chance to right the wrongs you have done to your body from what you eat, drink and your daily activities as well as the ability to relax. Dr. Powley will show you, step by step, what you can do to prevent and even reverse your “aged” body and mind. You can regain the physical and mental vigor that you thought were gone forever. You may never have to depend on anyone for care, especially doctors – true independence into your golden years!

Monday September 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, September 30th at 6:30 pm “Avoiding “Forever Chemicals that are Everywhere””

The chemical family known as PFAS (perfluoroalkyl and polyfluoroalkyl substances) consists of more than 12,000 individual chemicals that are used in a wide range of everyday products. They are all man-made and, due to their widespread manufacture and use, are found practically everywhere in our environment. There are some health concerns associated with them and many efforts are underway to eliminate them from our major source of exposure, which is drinking water. However, they are also present in foods and even the clothes we wear. Even though we can’t see them, there are things we can do to greatly reduce our exposure. Presented by Dr. Chuck Powley, a world-class expert on PFAS and has published and given national and international presentations on this subject. He also has started up a lab dedicated to solving PFAS problems in New Castle, Delaware.

Weekly Exercise Program

Thursday, September 5, 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, September 28 Many items will be for sale at 50% off.

Saturday, September 28 at 2:30 pm " Energy Bolstering Shungite Jewelry Set"

Free bag of beads for everyone who shows up! No purchase or class participation necessary!

Just coming to say "Hi" is enough.

Shungite is a metallic black healing crystal stone often used in complementary or alternative medicine.

According to anecdotal reports, shungite is known to bolster energy levels, relieve stress, detoxify the body and mind, and foster physical and mental balance as well as ward off harmful electromagnetic radiation. Come and join us in this class. On top of learning the most useful bracelet and earring making skills in this class, we will also show you how to make a set of perfectly matching toggle clasps using wire and seed beads. You may also notice the bracelet has a shiny metal bead. The meaning of the symbol on it is "Health"! When you are finally finished, you will be so happy and energized to elevate your style game by bringing this precious health & wellness tool into your daily life!

\$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/>

