

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

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>		<i>1</i>	<i>2</i>	<i>3</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>8</i>	<i>9</i>	<i>10</i> Center Closed	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Successful Aging with Wellness Plus Part 2	<i>15</i>	<i>16</i>	<i>17</i> 6:30 pm Special Event see description	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm Natural Healing for Overall Health	<i>22</i>	<i>23</i>	<i>24</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>25</i>	<i>26</i> Bead Society 2:30 pm
<i>27</i>	<i>28</i> 6:30 pm Halloween Party	<i>29</i>	<i>30</i>	<i>31</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30		

October 2024

Thursday, October 3, 24, and 31 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 7 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 14 at 6:30 pm "Successful Aging with Wellness Plus" (Part 2 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!

Thursday, October 17 at 6:30 pm “Special Event”

Dr. Neal Barnard is coming to the Unitarian Church on 202 and doors open at 6 PM. The talk starts at 6:30. He brings the latest science on health and will be promoting his new book “The Power Foods Diet” It is at 730 Halstead Rd. in Wilmington next to the Staples Shopping Center. They are asking for plant-based donations for the Food Bank of Delaware. Parking is just across the street and also behind the building. It is free and registration is recommended. To register, go to act.pcrm.org/a/pfrwilmingtonde

Monday October 21 at 6:30 pm “Natural Healing for Overall Health”

Dr. Arthur Travis DC will introduce the Chiropractic Health System and specifically how chiropractic adjustments provide pain relief as well as contributing to the restoration and maintenance of overall health. He will explain and demonstrate the Activator adjusting instrument and explain the advantages of the instrument as contrasted to manual adjusting of the spine and extremities in terms of both patient safety and comfort. Dr. Travis will also have handouts for all attendees that summarize his presentation. Dr. Travis is a 1986 graduate of Pa. College of Chiropractic and interned at Pennsylvania College’s Community Clinic. He has a B.S. from Boston University. He opened his practice in 1987 in North Wilmington. His wife, Judy, is his office manager. They have 3 children and 4 grandchildren.

Monday, October 28 at 6:30 pm “Halloween Party”

Bring a whole food plant-based oil-free treat. Keep it simple and let’s have some fun! Ideas: raw veggies with hummus or your favorite dip – asparagus, string beans, broccoli, carrots, cucumbers, etc. Corn chips, pita triangles, & fruit cut into bite sized pieces. For the non-cook: apple cider, sparkling water, sprouted pretzels with mustard, sprouted raw pumpkin seeds There are even vegan Oreos with orange frosting, vegan gummies (Sprouts has these sometimes) and vegan chocolate candies. Be creative!

Weekly Exercise Program

Thursday, October 3, 24 and 31 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 26 Many items will be for sale at 50% off.

Saturday, October 26 at 2:30 pm " Powered by Natural Gemstone- Sleeping Beauty Turquoise plus Bead Knotting & Adjustable Cord Making"

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

Just coming to say "Hi" is enough.

Turquoise stone is known to symbolize a connection between heaven and earth and has also been used medicinally in human history. In the Bible, the term 'turquoise' typically refers to the same precious gemstone and is mentioned in several Biblical passages as high value in ancient times. Considered as one of the most important pure sky blue American gemstones, the Sleeping Beauty turquoise is located in Globe, AZ. The fact that this turquoise is not mined anymore makes it as rare as it is precious and sought-after.

Come to this fun class. Discover the popular way to combine this all-natural blue gemstone with red and silver beads AND learn a really important bead knotting skill as well as how to make an adjustable cord necklace. You will also learn an earring making technique if you don't already know it.

\$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/>

