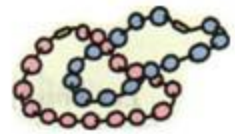




# Wellness Plus Delaware



## ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 23<sup>rd</sup>, 2024, at the Wellness Plus Center. Free admission.

### Part 1 – 1:00 pm

Wellness Plus Members: Bring a vegan side dish and get a free “turkey” dinner or pay \$10. Registration is required and let us know what dish you will bring. Register during class or email [judyfilip@verizon.net](mailto:judyfilip@verizon.net). We will set up tables if you choose to eat at the Center or you can pack up your food to go. Whatever makes you comfortable.

### Part 2 – 2:00 pm “Be ready for whatever this winter has in store for us!”

Special speaker: Dr. Chuck Powley. Tune up your family’s immune systems for an expected bad flu season and more.

### Part 3 3:00pm – 5:00pm Health Screen and Sale of Products and Jewelry

- ✓FREE Bone Density Test
- ✓FREE Body Fat Test
- ✓FREE Blood Pressure Test.
- ✓FREE Immunity Potential Test
- ✓FREE trial and personal consultation with:
  - \*Dr. Bob Burg – soft tissue body work
  - \*Dr. Jane Powley – food & lifestyle medicine
  - \*Lorna Miller – natural healing teacher
- ✓All food, essential oils and other personal care products – 5% off.
- ✓Wellness plus Membership (new and renewals) 5% off.
- ✓All books, 10% off.
- ✓All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example	Monthly Rate for 2025	Current rate	Open House Rate - 5% off
Family	\$47	\$46	\$43.70
Business	\$50	\$49	\$46.55

\*Annual payment also gets 5% off on whatever you pay on this day.

**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  
302-478-3782

# Wellness Plus Delaware

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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

## November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>					<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> <b>Center Closed</b>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> 6:30 pm Diabetes Presentation	<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>19</i> 6:30 pm Successful Aging with Wellness Plus Part 2	<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> <b>Open House 1:00 pm</b>
<i>24</i>	<i>25</i> <b>Center Closed</b>	<i>26</i>	<i>27</i>	<i>28</i> <b>Center Closed</b>	<i>29</i>	<i>30</i>

## November 2024

### **Thursday, November 14 and 21 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, November 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, November 11 at 6:30 pm " Diabetes – Using Lifestyle for a Long and Healthy Life "**

Presented by Brigitte Blanco. We will take a close look at diabetes and about the real causes. How can we use food and food-based help from enzymes and Juice Plus to heal insulin resistance? Brigitte, a native of Germany, has graduated from WellnessForum Health with a Health and Nutrition Educator Diploma. She also has certificates from eCornell where she has completed T. Colin Campbell's Nutrition program as well as from Dr. McDougall's Starch Solution Program. She has been working with people to resolve health issues since 2013. Pertinent to today's talk, Brigitte comes from a family of diabetics and has relied on lifestyle as the main management tool for diabetes for herself and her clients.

### **Monday November 18 at 6:30 pm “Successful Aging with Wellness Plus” (Part 3 of 3)**

Presented by Dr. Jane Powley. If you missed our informative part 1 and/or Part 2, this class will definitely give you a good catch up. 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!

## **Weekly Exercise Program**

### **Thursday, November 14 and 21 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

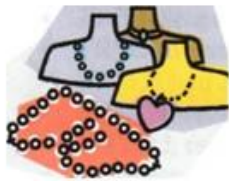
# Delaware Bead Society OPEN HOUSE Annual Event



Admission: Free  
 When: Saturday, November 23<sup>rd</sup>, 2024, from 3:00 - 5:00 pm  
 Where: Wellness Plus Center  
 3617 Silverside Road  
 Talleyville Center, 2nd floor  
 Wilmington, DE 19810  
 (302) 478-7723  
 Directions: [www.wellnessplusintl.com](http://www.wellnessplusintl.com) or call (302) 478-3782  
 (302-478-7723 during the event)  
 What: Store wide sale



**AT LEAST**  
**50% off**




**All beads, all Jewelry, All Feng Shui  
 supplies, all craft books and selected  
 beading supplies (findings)**



Free "show and tell" - basic beading techniques

Free Health Screen and consultations (see Wellness Plus Newsletter front page)

Free—a bag of beads or beaded jewelry for everyone who just shows up.

\$	Free – a bag of beads or a piece of beaded jewelry	\$
	As our gift to you No minimum purchase required	
\$	Limit one coupon per customer. Must be present in person and only on 11/23/2024	\$