



Wellness Plus Delaware
Delaware Bead Society



LOVE CELEBRATION

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Monday, February 10, 2025, at 6:30 pm at the Wellness Plus Center.

Free admission!

Featuring



Live “Cooking with Chuck” Vegan Dessert Demonstrations:

Dessert samples provided with recipes
Questions and answers
Vegan ingredient substitute suggestions



Jewelry Sales and Demonstrations:

Many items will be deeply discounted
Show and tell demonstrations with our beading teachers:

- ✓ Beading 101
- ✓ Fun and easy jewelry making
- ✓ Beginning and advanced wirework
- ✓ Broken beaded jewelry repair



✓ Free jewelry/beads gift for everyone who just shows up!

Directions: <https://www.facebook.com/100063917499054/posts/723790149761562>
3617 Silverside Road Talleyville Center 2nd floor
Wilmington, DE 19810
302-478-3782

Wellness Plus Delaware

Let Your Food be Your Medicine, Your Medicine your Food www.wellnessplusintl.com

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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—2025

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$489	\$47
Business	\$509	\$50

February 2025

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> Center Closed	<i>7</i>	<i>8</i>
<i>9</i> <i>2:30 pm</i> <i>Bead</i> <i>Society</i>	<i>10</i> <i>6:30 pm Love</i> <i>Celebration – Special</i> <i>Event!</i>	<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 Let Food be Your Medicine Part 2	<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 Sunshine – A Gateway Drug to Health, Wellness and Longevity	<i>25</i>	<i>26</i>	<i>27</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>28</i>	

February 2025

Thursday, February 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, February 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! **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, February 10 at 6:30 pm “Special Event – Love Celebration”

See attached flyer.

Monday, February 17 at 6:30 pm “Let Food be Medicine -- Your School of Healing by Food, Part 2 – Beyond WFPB”

Have you been on Whole Food Plant Based (WFPB) meals for a while but still have some health challenges and wonder why? Do you want to get more advanced information on what else you can do in order to get your desirable healing to take place, or do you just want to jump start with quicker results for reversing just about any diseases (yes, you read it right, just about ANY diseases) without side effects? If so, this class is for you. Presented by Dr. Jane Powley, founder and director of Wellness Plus for 28 years.

Monday, February 24 at 6:30 “Sunshine, A Gateway "Drug" to Health, Wellness & Longevity”

Welcome to our new partner in health, Debra Banville who will introduce her background and journey. This talk will focus on the historical and recent in-depth medical findings related to sunshine's impact on our health and wellness. It will suggest some steps each of us can take to maximize sunlight's health benefits while minimizing skin cancer risks.

Debra Banville, Ph.D., “I am a National Board-Certified Health and Wellness Coach (NBC-HWC) with over 20 years of biomedical research experience that I used to heal myself. I received certificates from the Institute of Integrative Nutrition (IIN) and the International Association of Health Coaches (IAHC). My biomedical background includes a Ph.D. from Emory University and a Postdoctoral degree from the University of California at San Francisco. My journey to becoming a health coach started when I was diagnosed with type II diabetes in my forties despite eating a healthy diet. With no medical advice other than medications and seeing how poorly this played out for my father, I used my 20+ years of biomedical research experience to educate myself on the best options. Through experimentation and debunking much common misinformation, I put my diabetes into remission. Through my journey, I realized the importance of taking a holistic, evidence-based approach to health and wellness. It’s not just about managing symptoms but about caring for yourself on all levels – mind, body, and spirit. As a health coach, I’m passionate about helping others on their own health journeys. My coaching style is client-led, personalized, and conducted in a safe, non-judgmental space. I bring a unique perspective to coaching, having experienced the challenges and frustrations of a disease-focused medical system rather than a wellness-focused one. Everyone has the potential and right to live their best lives. However, you define it!”

Weekly Exercise Program

Thursday, February 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. 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, February 9. All beads and jewelry will be buy on get one free!.

Saturday, February 9 at 2:30 pm " Let Love Be Your Medicine"

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

Just coming to say "Hi" is enough.

Happy Valentine's Day to all bead lovers! This beautiful love jewelry set made from 100% natural red coral and genuine organic pearls with painted wood and crystal beads brings love and peace to your heart year round! You will learn the most useful crimping skills and earring-making work that makes you able to make just about ANY beaded jewelry! In addition, you will discover "magic" wire work to make a perfect heart clasp to match your necklace!

\$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..

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