

# Wellness Plus Delaware

*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

**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

## April 2025

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

		<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> <b>Center Closed</b>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i> 6:30 pm Let Food be your Medicine Part 3	<i>15</i>	<i>16</i>	<i>17</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 pm Diabetes – the Black Death of the Century	<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>
<i>27</i>	<i>28</i> 6:30 pm Sunshine	<i>29</i>	<i>30</i>			

## April 2025

### **Thursday, April 3, 17 and 24 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, April 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, April 14 at 6:30 pm “Let Food be your Medicine -- Your School of Healing by Food, Part 3 – 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 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, April 21 at 6:30 pm “A Night at the Movies - Diabetes: The Black Death of the Century”**

Dr. David Matthews: "Discover the Shocking TRUTH About the Fastest-Growing Global Killer - Diabetes and Obesity. And Exactly What You Can Do Today to Prevent and Reverse It." The Diabetes Epidemic is so widespread that it is technically called a PANDEMIC.

### **Monday, April 28 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, April 3, 17 and 24 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

*Bead store hours: 3-5 pm on Saturday, April 12. All beads and jewelry will be buy one get one free!.*

### **Saturday, April 12 at 2:30 pm "Classic Art of Pearl/Bead Knotting 101"**

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

Learn the classic art of pearl knotting for making elegant DIY necklaces and bracelets. In addition to pearls, this technique can also be used with gemstone beads, Czech glass beads, and other beads of your choice. You will have options of making a necklace with all genuine organic pearls or add some spring fun with a cute rabbit and matching beads. Come to choose one and socialize with other Bead lovers. You will be so relaxed and proud to gain an extremely useful new beading skill!

\$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](mailto:cj.powley@verizon.net).

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

