

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

302-478-3782

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

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>6</i>	<i>7</i>	<i>8</i> Center Closed	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> 6:30 pm Good Fats, Bad Fats and Cholesterol	<i>13</i>	<i>14</i>	<i>15</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> 6:30 pm All About Heart Disease	<i>20</i>	<i>21</i>	<i>22</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>23</i>	<i>24</i> 2:30 pm Bead Society
<i>25</i>	<i>26</i> Center Closed	<i>27</i>	<i>28</i>	<i>29</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>30</i>	<i>31</i>

May 2025

Thursday, May 1, 15, 22 & 29 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, May 5 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, May 12 at 6:30 pm “Good Fats, Bad Fats and Cholesterol – What does the Science Say?”

There are lots of different diets out there with fat contents ranging from close to zero to levels that are dangerously high. Also, certain fats such as omega -3’s are deliberately taken as supplements, while others such as trans fats have been taken off the market. Then there is cholesterol – good and bad as well. How do we get these fats from our diet? Did you know that your body makes fats from other foods? Come and learn what you need to know about this very important but poorly understood food group. Presented by Dr. Chuck Powley.

Monday, May 19 at 6:30 pm “All About Heart Disease”

We will explore the science behind the very strong connections of brain and cardiovascular health and talk about some surprisingly simple and empowering solutions. Brigitte Blanco, a native of Germany, has graduated from Wellness Forum 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 and has a special interest and expertise in cardiovascular, metabolic health and their relationship to brain health.

Weekly Exercise Program

Thursday, May 1, 15, 22 and 29 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, May 24. All beads and jewelry will be buy one get one free!.

Saturday, May 24 at 2:30 pm "Healing Gemstone Rings"

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

Wearing or holding a gemstone can serve as a form of mindfulness, enhance mental clarity, reduce stress, and promote a sense of calm. Furthermore, the aesthetic beauty may enhance your Qi (Energy) of Feng Shui with all-natural green jade (for liver), pink conch shell (for heart and mind) and blue iolite (for your kidneys).

Come to learn the unique wire skills to make all three powerful healing stone rings. Let this fun class bring you positive emotions and renewed energy!

\$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/>

