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

	Annual	Monthly Installment
Family	**$489**	**$47**
Business	**$509**	**$50**

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	***2***	***3*** **Center Closed**	***4***	***5***
6	***7*** 6:30 pm Exercise 7:30 pm Members Forum	***8***	***9***	***10*** **Center Closed**	***11***	***12***
13	***14*** 6:30 pm Long Term Use of Prescription Drugs	***15***	***16***	***17*** Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	***18***	***19***
20	***21*** 6:30 pm Hawthorn – the First Remedy	***22***	***23***	***24*** Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	***25***	***26*** **2:30 pm Bead Society**
27	***28*** 6:30 pm Exercise and Sleep	***29***	***30***	***31*** Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30		

July 2025

Thursday, July 17, 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 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, July 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 July 14 at 6:30 pm "Safety Issues of Long Term Use of Prescription Drugs"

Are you on some common drugs such as blood pressure, blood thinner, acid reflux, psychiatric and/or pain killer drugs for a long time and concerned the side effects may be more than you would like to deal with? Even more important, is there anything you can do about it? Come to this class, Brigitte will give you some very valuable and evidence-based information that doctors do not tell you. Brigitte Blanco has spent 25 years working on market research projects for different drugs, either in development or already on the market. She also has several degrees and certifications in plant-based nutrition and supportive health counseling. Research into the connection between eating habits, medication use, and health is one of her priorities.

Monday, July 21 "HAWTHORN-The First Remedy for All Conditions"

Did you know that according to the ancient Chinese doctors who treated the emperor's family, hawthorn was used as THE first remedy for ALL conditions and was especially known as the "Magical Food for Heart Health"? Come to learn all the benefits of this powerful remedy and how to use it for just about whatever your body calls for. Let the wisdom of 500 thousand years make your life easier and happier! Presented by Dr. Jane Feng Powley, native Chinese, founder and director of Wellness Plus for 28 years.

Monday, July 28 at 6:30 pm "Let Exercise Help You Sleep Better"

Did you know that exercise can enhance your sleep as well as boost energy, strength, and mood? The timing and type of exercise play a crucial role in achieving this benefit. While certain workouts earlier in the day can improve sleep quality, they may also make it harder to fall asleep if done too late. The good news? Some light activities in the evening can promote deeper, more restful sleep. Join Zoltan Hall, our Fitness Director, to discover how to optimize your exercise routine for better sleep!

Weekly Exercise Program

Thursday, July 17, 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, July 26. All beads and jewelry will be buy one get one free!.

Saturday, July 26th at 2:30 pm " Have Good Night Sleep with Your Hand-made Dream Catcher"

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

The Native American people believe that a dream catcher can be used as a tool to guide us and bring us back into balance. The dream catcher is one of the first symbols their children learn on the path to spiritual development. When the dream catcher is hung correctly, it wards off negative energies and allows the sleeper to sleep more soundly. Come to this fun class. You will have all-natural turquoise and red coral beads to make this professional-looking necklace and earrings set. You will be so proud of yourself since your wiring skill has just been upgraded to a whole new level

$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/