

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—2026

	<u>Annual</u>	<u>Monthly Installment</u>
Family	\$499	\$48
Business	\$519	\$51

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 6:30 pm Exercise 7:30 pm Members Forum	5	6	7 Center Closed	8	9
10	11 6:30 pm Let Sleep Come First	12	13	14 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	15	16
17	18 6:30 pm Cooking with Chuck	19	20	21 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	22	23 Bead Society 2:30 pm
24	25 Center Closed	26	27	28 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	29	30

May 2026

Thursday, May 14, 21 and 28 and 30 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, May 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, May 11, at 6:30 pm "Let Sleep Come First"

Did you know that how long you live is highly associated with how well you sleep, even after ANY effect of activity is removed (Chiara Cirelli, 2015 Biomed Central)? You are all invited to this informative holistic medicine class on sleep. Dr. Jane Powley will share with us many practical strategies, based on both Eastern medicine to modern science, that help us obtain the sleep we so desire. After a good night's sleep, you will start your days not only with abundant energy, but also with mental clarity. If you apply these strategies in the long run, you will add many healthy years to your life!

You will learn:

- ❖ Why your sleep should come first
- ❖ Major causes of insomnia
- ❖ How do I know that I had enough sleep
- ❖ The most powerful REAL drugs for a good night’s sleep

Monday, May 18, at 6:30 pm “Cooking with Chuck – Italian Night”

Back by popular demand! In this session Chuck will demonstrate how to make a delicious, authentic and healthy genuine Italian pasta dish with vegan “meatballs” and sausage, whole wheat pasta and expertly seasoned marinara sauce. In addition, he will introduce us to a vegan superfood salad that is both delicious and rich in antioxidants. As usual, samples of both dishes will be provided for you to enjoy.

Weekly Exercise Program

Thursday, May 14, 21 and 28 and 30 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 23. Many items will be for sale at 50% off.

Saturday, May 23 at 2:30 pm "Magnetic Jewelry Set"

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

Just coming to say "Hi" is enough.

For centuries, dating back to Roman times, magnets have been believed to enhance the body's natural healing abilities. This magnetic necklace and earring set is designed to shield against radiation from electronic devices like cell phones, tablets, and computers while protecting your heart, hearing, and overall wellbeing. Learn essential wirework techniques to craft this exceptionally strong magnetic pendant, featuring all-natural magnetic hematite beads and organic pearls. The set is completed with a magnetic clasp and matching earrings. As a charming touch, delicate little birds adorn the design, bringing a joyful springtime vibe. Create your own handmade magnetic jewelry to safeguard both body and mind!

\$15 – class fee if paid in advance \$25– class fee at door.

Kits can be purchased at \$19.99 each if paid in advance and \$27 each at the door.

To register & prepay online:

https://allevents.in/wilmington/80002974989758?aff_id=ubbi2o&ref=sharer

Contact info:

302-478-3782 or e-mail: cj.powley@verizon.net

Directions:

We are in the Talleyville Shopping Center at Route 202 (Concord Pike) and Silverside Road. The entrance door with the Wellness Plus sign is located between Great Stuff and Good Ease. PNC Bank will be on your left and Dollar Tree will be on your right. Go up the stairs and we are the last suite on the left on the second floor. or see here:- <https://www.facebook.com/100063917499054/posts/723790149761562/>

