

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

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30 pm Exercise 7:30 pm Members Forum	2	3	4 Center Closed	5	6
7	8 6:30 pm The Power of Soy	9	10	11 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	12	13
14	15 6:30 pm Heal Me in the Summer Part 1	16	17	18 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	19	20
21	22 6:30 pm Aging Gracefully by Building Connection	23	24	25 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	26	27 Bead Society 2:30 pm
28	29 6:30 pm My Story	30				

June 2026

Thursday, June 11, 18 and 25 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, June 1 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, June 8, at 6:30 pm "The Power of Soy"

Soy has many benefits for our well-being. Plus, there are a lot of ways to make soy tasty and delicious - steamed, grilled, baked or raw. It is high in protein and low in cholesterol. Soy is a great addition to our whole food plant-based lifestyle. The myths that are all around us will be dismissed based on research. Presented by Judy Filipkowski, certified to teach plant-based diets for 25 years.

Monday, June 15, at 6:30 pm “Heal Me in the Summer Part 1”

Who can't benefit from a stronger heart and a healthier mind? How about lowered blood pressure, perfect cholesterol, or great circulation leading to warm hands and feet and a joyful mood year round? After all, in order to "Live long and die short" then we must have a clear mind and vibrant heart. Want a short cut? Timing is everything. Did you know according to the ancient Chinese book, "The Yellow Emperor's Classic of Internal Medicine," if you work on those organs in summer time you will get double or triple returns than the same work done in other seasons? That is because the "Fire Element links your heart/ mind to summer season. Ready to get a good start? Come to learn how from Dr. Jane Feng Powley, native Chinese and our executive director of Wellness Plus Delaware.

Monday, June 22, at 6:30 pm “Aging Gracefully by Building Connection”

Loneliness and social isolation have become a public health crisis for nearly half of older Americans, putting both their health and longevity at risk. This talk will explore this topic, define the difference between loneliness and social isolation, and raise awareness of the many ways—both small and large—that we can build connections. We will discuss how strengthening these connections can improve our health, enhance our sense of social belonging, and help us age with grace. Presented by Debra Banville, PhD, a national board certified health and wellness coach.

Monday, June 29, at 6:30 pm “My Story”

The goal of this event is to help all of us pay attention to our own body and be our own doctor. Everyone will have an opportunity to take the floor and discuss these ideas:

- 1 – What did I do to change my lifestyle since joining?
- 2 – What progress have I made?
- 3 – What challenges lie ahead?
- 4 – How can I achieve these goals & what steps will I take?

All of us need to consider these thoughts, set the goals and steps necessary, and take control of our health. Please come and share, we can all learn from each other in our Wellness Plus Family.

Weekly Exercise Program

Thursday, June 11, 18 and 25 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, June 27. Many items will be for sale at 50% off.

Saturday, June 27 at 2:30 pm "Wired Crystal Rings – Invisible Mounting Technique"

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

Just coming to say "Hi" is enough.

Master a specialized wire technique to create professional-grade crystal rings with seamless invisible mounting. This class will guide you in combining innovative wirework with dazzling crystals to craft elegant, flowing designs. The advanced non-soldered method ensures a flawless finish—your wirework remains completely hidden from view. Come to learn this exclusive technique to produce stunning, solder-free rings with a polished, professional look.

\$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/80006820093138>

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/>

