

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 cj.powley@verizon.net

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

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 6:30 pm Exercise 7:30 pm Members Forum	4	5	6 Center Closed	7	8
9	10 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	11	12	13 Center Closed	14	15
16	17 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	18	19	20 Center Closed	21	22 Bead Society 2:30 pm
23	24 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	25	26	27 Center Closed	28	29
30	31 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30					

August 2026

Monday, August 10, 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 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, August 3 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.

Weekly Exercise Program

Monday, August 10, 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, August 22. Many items will be for sale at 50% off.

Saturday, August 22 at 2:30 pm "Happy Summer Jewelry Medley"

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

When you must spend more for your daily essentials like groceries and gasoline, we want to save you money for your jewelries AND have a good fortune to increase your cash flow! This is a quick and easy bracelet and cell phone charm set you create by using trendy treasures from the sea, including 100% natural pearls, mother of pearl beads, different seashells and memory wire. Some very interesting things that we also want to share with you is: according to Feng Shui theory, the objects from the sea belong to the Water Element. Seashells promotes your good CASH flow and good fortune. If you want to learn more, please come to this class. An experienced Feng Shui teacher will be able to answer your Feng Shui questions.

\$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://www.roamingevents.com/events/delaware-bead-society-class-happy-summer-jewelry-medley>

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/>

