

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

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	3	4
5	6 6:30 pm Exercise 7:30 pm Members Forum	7	8	9 Center Closed	10	11
12	13 6:30 pm Heal Me in the Summer Part 2	14	15	16 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	17	18 Bead Society 2:30 pm
19	20 6:30 pm Brain Fog – Causes, Symptoms and Possible Solutions	21	22	23 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	24	25
26	27 6:30 pm Microplastics	28	29	30 Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	31	

July 2026

Thursday, July 2, 16, 23 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, July 6 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 13 at 6:30 pm " Heal Me in the Summer Part 2”

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, 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 summertime 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? Don't worry if you missed part 1 of this class; we will give you a review before we start part 2. Come to learn how from Dr. Jane Feng Powley, native Chinese and our executive director of Wellness Plus Delaware.

Monday, July 20 at 6:30 pm “Brain Fog – Possible Causes, Symptoms and Possible Solutions”

Brain Fog can affect people of all ages and becomes a particular concern as we age. We will define what brain fog is and feels like, understand how we can look at our environment and lifestyle to identify causes and provide a list of action items that can eliminate or at least vastly improve this condition.

Presented by Brigitte Blanco. Brigitte, a native of Germany, graduated from WellnessForum 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.

Monday, July 27, at 6:30 pm “What We Know and Don’t Know About Microplastics”

Plastics are everywhere, but they are not all the same, especially when it comes to potential effects on our health. We will learn how to tell which plastics are the worst choices for storing and serving food and beverages, especially when heated. A newer concern is microplastics – tiny, often invisible particles of plastic in the environment that get into our food and water and accumulate in our bodies. Where do they come from, what are the hazards and how can we protect ourselves from something we can't even see? Come to learn about this emerging environmental contaminant. Presented by Dr. Chuck Powley, an expert with 40 years of experience in environmental chemistry.

Weekly Exercise Program

Thursday, July 2, 16, 23 and 30 at 6:30 pm Exercise with Jim Thompson

Our first fitness director Jim Thompson returns for special exercise sessions in July! “Jimster” is a really nice guy and everyone likes him. We are so pleased to welcome him back to Wellness Plus for the Thursdays in

July while Zoltan Hall takes care of family business.

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 18. Many items will be for sale at 50% off.

Saturday, July 18 at 2:30 pm " Five Feng Shui Element Stone Jewelry Set "

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

Just coming to say "Hi" is enough.

Did you know that the Five Element Stones provide natural health and balance your body's five most vital organs? They will provide healing and energy to your heart, liver, kidneys, lungs and GI system.

Come to learn how to use natural stones such as different colors of jade, coral and ivory beads to make this jewelry set yourself. All good fortune and happiness will be on the way!

\$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/>



**What the Book of the Yellow Emperor
(770 – 221 BC) Tells Us About the Five
Elements of People**

Wood 1	Fire 2	Earth 3	Metal 4	Water 5
Liver	Heart	Spleen	Lung	Kidney
Green	Red Purple	Yellow Brown	WHITE	Blue Black
Eight	Seven	Five	Nine	Six
				