

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

September 2026

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

September 2026

Thursday, September 3, 10, and 24 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, September 14 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, September 21 at 6:30 “The Science Behind Essential Oils”

We have been enjoying the essential oils for many years. But have you wondered about how they are made, what is in them and how they work? We will learn all of this, plus other useful information like how high quality and low-quality oils differ, how do we know which oils are good enough for our health conditions, and why there are so many different single oils and blends. Presented by Dr. Chuck Powley, who has studied and analyzed natural products for many years.

Monday, September 28 at 6:30 pm “Tech Neck, A Modern Epidemic from Your Technical Devices...and Simple Ways to Prevent and Correct It”

Ever since each of us were very young, we spent some part of our day looking down and engaged in activities such as, at first, looking down at picture books, then perhaps drawing and coloring, followed by the school years of reading and writing . . . and right on up to the present when an even greater part of our day is spent doing our work or playing games at a computer terminal, on a laptop, or on other electronic devices such as tablets and phones. Over a lifetime that head-forward posturing leads to a strain on the spine and related musculature that for most of us has resulted in a marked alteration of our anatomy. An alteration that medical professionals describe as "forward head carriage". Another more common name for it is "tech-neck". Aside from the fact that a whole generation of our fellow human beings share this postural distortion, many also experience related physical symptoms such as neck pain and stiffness, headaches and shoulder, arm and hand weakness, tingling and numbness. In my presentation we will learn about all of this, as well as some simple preventive and corrective exercises that each of us can easily incorporate into our daily routine.

Presented by Dr. Arthur Travis - your neighborhood Chiropractor.

Weekly Exercise Program

Thursday, September 3, 10, and 24 at 6:30 pm Exercise with Zoltan Hall and Jim Thompson

Jim Thompson and our fitness director Zoltan Hall return for special exercise sessions combined with the levity that only they 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, September 26. Many items will be for sale at 50% off.

Saturday, September 26 at 2:30 pm "Forever Genuine Organic Pearl Ring Workshop"

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 in Feng Shui, the pearl is considered the most feminine gemstone, believed to stabilize the Qi environment and promote gentle, soft, and harmonious relationships? However, only genuine organic pearls can provide these benefits. Why? Because if you cut a commercial cultured pearl in half, you'll see a large bead at its core, coated with only a thin layer of nacre secreted by the oyster. As a result, that thin nacre will eventually peel off. The good news is that organic pearls have no bead inside—they are entirely produced by oysters and made of 100% nacre. That's why organic pearls will NEVER peel. Like diamonds, they will last you forever! Remember, only organic pearls carry the strongest Qi! Come to this fun class. You will learn a simple and elegant way to make your own adjustable organic pearl rings and take them home with gentle, soft, peaceful Qi!

\$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/bead-society-class-forever-genuine-organic-pearl-ring-workshop>

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/>

