

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

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>1</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>6</i>	<i>7</i>	<i>8</i> Center Closed	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> 6:30 pm Let Green Tea Be Our Medicine Part 2	<i>13</i>	<i>14</i>	<i>15</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> 6:30 pm Our Digestive Tract	<i>20</i>	<i>21</i>	<i>22</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>23</i>	<i>24</i> <i>Bead Society 2:30 pm</i>
<i>25</i>	<i>26</i> 6:30 pm 11 Tips for a Better Body and Mind	<i>27</i>	<i>28</i>	<i>29</i> 6:30 pm Exercise 7:30 pm Members Forum	<i>30</i>	<i>31</i>

October 2026

Thursday, October 1, 15, 22 and 29 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, October 5 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, October 12 at 6:30 “Let Green Tea be Our Medicine (part 2)”

In part 1 of this class, we discussed why our Wellness Plus green tea is the only edible whole food and therapeutic green tea. Topics to be covered in part 2 will be:

- 🌿 Green tea and weight loss
- 🌿 Green tea and cardiovascular recovery
- 🌿 Green tea and cancer recovery
- 🌿 Green tea and diabetic recovery
- 🌿 Green tea and mental health
- 🌿 Green tea and longevity

And more. Presented by Dr. Jane Powley, the founder and director of Wellness Plus for 28 years.

Monday, October 19 at 6:30 pm “Our Digestive Tract – Anatomy, Function and How to Keep it Healthy”

The digestive tract is instrumental to making sure that food, including all nutrients we consume, reach the body where they are needed in a timely fashion. This workshop will explore the way the system is designed for optimal function. We will pay special attention to all the ways the digestive system can be harmed or helped by eating habits and other lifestyle choices. As this is an extensive topic, the workshop will be divided into two parts. We will start the part of the system that represents the first contact with food. Part of our exploration will pay attention to achieving and maintaining the proper microbiome in all parts of the digestive system. Brigitte Blanco has dedicated her nutrition and health consulting to helping answer the question of why people may develop different health conditions and what alternatives exist to the common concepts recommended by many medical professionals. Brigitte has graduated from Wellness Forum 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 October 26th at 6:30pm "Eleven Tips For Better Body and Mind that Your Doctor Might Not Tell You"

There are many proven ways to improve your body and mind that your doctor might not usually talk about. Recently, people have called these targeted methods “biohacking”. While biohacking is not a substitute for a healthy diet or lifestyle, many of these methods may help you improve your health in ways you did not expect. In this talk, I will share eleven biohacking tips for better health, explain how they work, and provide practical ways to use them. You will also get a handout to try these tips at home. Presented by Debra Banville, PhD, a nationally board-certified health and wellness coach.

Weekly Exercise Program

Thursday, October 1, 15, 22 and 29 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, October 24. Many items will be for sale at 50% off.

Saturday, October 24 at 2:30 pm "Watermelon Crystal Jewelry Set"

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

Watermelon Crystal is celebrated for balancing your mind and emotions. Metaphysically, its pink color is linked to the Heart Chakra, promoting self-love, stress relief, and compassion. Practitioners use it to foster joy, heal emotional wounds, and inspire creativity.

Now it's your turn to welcome this natural energy by creating a beautiful Watermelon Crystal necklace and earrings set in this hands-on workshop. You will:

- ✳ Learn the easy and useful crimping technique to finish your bead strands;
- ✳ Master the chain connections to finish your unique necklace and
- ✳ Make matching earrings to complete your set.

Create your own crystal magic and take home not just jewelry, but calm, joy, energy and creativity!

\$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/80001574766575?ref=sharer>

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

Location:

Wellness Plus Delaware

3617 Silverside Road Talleyville Center 2nd floor Wilmington, DE 19810

Please note: Talleyville Shopping Center is at intersection of Route 202 & Silverside Rd. Our entrance is between Great Stuff and Good Ease (Wellness Plus sign). PNC Bank (left), Dollar Tree (right). Take stairs to second floor—last suite on the left.

