Wellness Plus Delaware

ANNUAL HOLIDAY OPEN HOUSE

Sponsored by Wellness Plus and the Delaware Bead Society

You are invited to join us on Saturday, November 21st, 2026, at the Wellness Plus Center.

Part 1 – 1:00 pm

Wellness Plus Members: Bring a vegan side dish and get a free "turkey" dinner or pay $10. Registration is required and let us know what dish you will bring. Register during class or email cj.powley@verizon.net. We will set up tables if you choose to eat at the Center or you can pack up your food to go. Whatever makes you comfortable.

Part 2 – 2:00 pm "Be ready for whatever viruSES this winter has in store for us!"

Special speaker: Dr. Chuck Powley. Tune up your family's immune systems for an expected flu season and more.

Part 3 3:00pm – 5:00pm Personal Health Consultations, Trials and Discounts on Health Products, Jewelry and Beads

- Personal holistic health consultation with Dr. Jane Powley - the BEST Holistic Medicine Practitioner in Wilmington Delaware with rich background in Chinese medicine;
- Dr. Bob Burg – Natural pain management with hands-on trial;
- Lorna Miller – Natural Healing teacher will do essential oil sampling and Q & A; and
- Immunity Potential Test.
- For Bead and jewelry lovers:
  - "Show and tell" - basic beading techniques;
  - A bag of beads or beaded jewelry for everyone who just shows up as our gift to you, No minimum purchase required.
  - Store-wide beads, jewelry, craft books and selected beading supplies sale;
- All food, essential oils and other personal care products – 5% off. Wellness plus Membership (new and renewals) 5% off.
- All others: beads, jewelry, Feng Shui supplies, gifts, craft books and selected beading supplies 50% off (dollar bags not included)

Thinking about joining Wellness Plus Delaware? Lock in a low rate for life!

Example Monthly Rate for 2027		Current rate	Open House Rate - 5% off
Family	$49/month	$48/month	$45.60
Business	$53	$52	$49.40

*Annual payment also gets 5% off on whatever you pay on this day.

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

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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

	Annual	Monthly Installment
Family	**$499**	**$48**
Business	**$519**	**$51**

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	***2*** 6:30 pm Exercise 7:30 pm Members Forum	***3***	***4***	***5*** **Center Closed**	***6***	***7***
8	***9*** 6:30 pm Let Food be Your Medicine Part 1	***10***	***11***	***12*** Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	***13***	***14***
15	***16*** 6:30 pm How to Evaporate Common Aches and Pains Naturally	***17***	***18***	***19*** Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	***20***	***21*** ***Annual Open House 2:00 pm***
22	***23*** **Center Closed**	***24***	***25***	***26*** **Center Closed**	***27***	***28***
29	***30*** **Center Closed**					

November 2026

Thursday, November 12 and 19 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, November 2 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, November 9 at 6:30 "Let Food be Your Medicine -- Your School of Healing by Food Part 1"

This is a completely updated review of whole food, plant-based nutrition. If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course you do not want to miss. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware. Jane, a survivor of Chinese labor camps during the "Cultural Revolution" of the 1960's, recovered from terminal illnesses through Whole Food Nutrition when drugs had failed her. Come listen to her amazing story and learn how you too can take control of your own health. Three sessions, six hours total.

Monday, November 16 at 6:30 pm "How to Evaporate Common Aches and Pains Naturally"

The digestive tract is instrumental to making sure that food, including all nutrients we consume, reach Everyone's body is asymmetrical, full of tight areas accumulated from a lifetime of habits, repetitive activities, major and minor strains and injuries, and lots more. So relieving both chronic and acute issues depends on gently and repeatedly unwinding the asymmetric knots that result in both structural as well as organic symptoms. This class will cover how everyone winds themselves into these knots, then introduce simple ways anyone (including me every day) can customize them to match their own bodies in the process our symptoms feel better by supporting our bodies to be naturally self-healing. Presented by Dr.Bob Burg - Hands-On LiquidBody and Self-Care Therapist.

Saturday, November 21 "Annual Open House"

See details in the attached flyer.
To register and pay online: https://allevents.in/wilmington/80001524294184?ref=sharer
Admission:

- Free for Wellness Plus members;
- $4.99 if paid in advance;
- $10 at the door.

Weekly Exercise Program

Thursday, November 12 and 19 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
OPEN HOUSE
Annual Event



Admission:	$4.99, includes Wellness Plus program from 2-5 pm
When:	Saturday, November 21st, 2026, from 3:00 - 5:00 pm
Where:	Wellness Plus Center
	3617 Silverside Road
	Talleyville Center, 2nd floor
	Wilmington, DE 19810
	(302) 478-3782 email: cj.powley@verizon.net
Directions:	www.wellnessplusintl.com or call (302) 478-3782 ((302)-478-7723 during the event)
What:	Store wide sale





AT LEAST
50% off

All beads, all Jewelry, All Feng Shui supplies, all craft books and selected beading supplies (findings)



"Show and tell" - basic beading techniques

Holistic health consultations and trials (see Wellness Plus Newsletter front page)

Free—a bag of beads or beaded jewelry for everyone who just shows up.

$ Free – a bag of beads or a piece of beaded jewelry $



As our gift to you
No minimum purchase required

$ Limit one coupon per customer. Must be present in person and only on the day of the Open House $