



NEW YEAR – NEW CHOICES!

HOLISTIC APPROACH TO UNDERSTANDING HOW
THE BODY DETOXIFIES FOR PHYSICAL HEALTH,
WEIGHT BALANCE, & EMOTIONAL HEALTH

TUESDAY, JANUARY 5, 2021

7-8 PM on Zoom

- *Critical Nutrition*
- *Substances to Limit*
- *How does this affect our children and family?*
- *Why do we do what we do, when we know what we know?*

REGISTER
HERE

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