



Demystifying Detox Diets



Looking for a way to rid the body of toxins and clean the slate for the new year? Interested in learning more about the benefits of detoxing? Wondering what type of detox is right for you? Come learn about some recommended plans from a nutrition professional who specializes in detoxification.



Come join Registered Dietitian
and Holistic Nutritionist

Julie DeHollander, RD,CD for a
FREE talk on detoxification.

Wednesday January 25th

Time: 6:00-7:00 pm

Sierra Wellness Nutrition

471 S. Auburn St, Suite A

Grass Valley, CA 95945

www.sierrawellnessnutrition.com

Space is limited so Please RSVP:

Sierra Wellness Nutrition

530-263-3131

