

Health Renew

LIVE LONGER — LIVE BETTER

FREE Health Seminar
November 21, 2019

Upcoming Seminar Topics

December 12, 2019

Why Can't I lose Weight
Understanding & tips
for Success

January 14, 2020

The BUZZ about intermittent
Fasting and KETO Diets—Is
this right for you?

February 11, 2020

Feeling Tired and Wired
Learning to manage Stress

March 10, 2020

Vitamins—What do I Need and
What do I Need to Know

The Buzz about Detoxing What, Why & How?

Detoxification is a continuous physiological process. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxic overload contributes to many serious health conditions, hormone imbalance and weight gain. Learn WHAT is important to keep you healthy, WHY your body needs to detox and HOW to turn your body into a cleansing machine that will help maintain a proper body weight!

JOIN US—EACH MONTH
BLAKE LIBRARY
TRUSTEES CONFERENCE ROOM
6 –7 PM

Use of the library meeting rooms does not imply library endorsement of the aims, policies, or activities of any group using the room."

Please RSVP to Jacqueline Crighton 772-708-3217
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