



Detox and Feel Amazing

Are you wondering whether or not it is important to detox and how to do it?

Presented by Dr. Cheryl Hamilton

Did you know, in the United States, more than 10,000 chemicals are allowed to be added to food and food contact materials? Plastics, personal care and cleaning products contain thousands more chemicals and since they are not foods or drugs, they're not regulated! Few of these chemicals have been studied for their effects on health. Children are particularly susceptible because their detoxification systems are still developing, although everyone is struggling with the enormous toxic load to which we are exposed.

Dr. Hamilton will share a few important tips and you'll be introduced to the Detox Be Well Program. You can learn in depth information on how to effectively reduce the toxins in your environment, food,

Tuesday, January 22, 2019 at 5 PM

Prescott Lakes Club House

Sign-up in the Athletic Center or call 443-3505

There is no charge and guests are welcome