

# You're Invited

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## What?

**30 Ways to naturally Detoxify Your Body**

## Why?

Start Fresh this Spring!  
Boost Physical and Emotional Well-Being  
Reduce Toxins  
Increase Your Energy Level  
Illness Prevention

## When?

Tuesday, April 20, 2010  
**7:00 pm - 9:00 pm**

## Where?

104-2211 Riverside Dr  
**613-592-5546 or 613 736-5200**

## Who?

You, Your Friends and Family.

## How?

Call to register in advance 613-592-5546 or 613 736-5200 and receive a free gift.

*Please call **613-592-5546** or **613-736-5200** to reserve your opportunity for enhanced well-being. Spaces are limited.*

# Spring Revitalization Event

**Ottawa South**



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**Imagine the benefits of:**

**A stronger immune system, clearer skin, more mental clarity, restored vitality, looking and feeling healthy in every aspect of your well being. By detoxifying your body, you can enjoy these benefits and so much more.**

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