



## *Let's Detox Together*

*"We've found that up to 70% of all symptoms can be relieved by detoxifying your body. This can help prevent chronic illness and save thousands on health care."*

Dr. Bonnie Nedrow, ND

### **Introductory classes**

Wed. April 7th

Wed. April 14th, or

Mon. April 26th

6:30 - 9:00 pm \$15

*"Your fall detox program at Hidden Springs was the easiest cleanse I have ever done. It was actually fun, because of the group sessions and your buddy system."*

S. Shekell

*"Awesome! My energy level increased and the cleanse created a springboard for me to release extra weight. I highly recommend it!"*

France Robinson

**Choose from either of the Four Week Cleanse Programs:**

**Wednesdays: April 28th to May 19th, 6:30 - 9:00 pm**

**or Mondays: May 3rd to May 24th, 6:30 - 9:00 pm**

**(Prerequisite = Introductory class)**

Call 488-8858 for information.  
Preregistration recommended.



[www.hiddenspringswellness.com](http://www.hiddenspringswellness.com)