

10 & 28 DAY DETOX BALANCE PROGRAM



Join Deborah Coulston, MA, MATS
FREE INTRO WORKSHOP
Tuesday October 30th at 6pm
Plus, Fun, food & Free Chair massage
4:30pm-6:00pm

**Eat Real Food
Delicious Shakes
No Pills!**



It is natural for our body to detoxify continuously. It is only when our mechanisms for detoxification become overloaded, that this innate process becomes *less* efficient and symptoms may occur:

- | | |
|-------------------------------|---------------------------|
| Compulsive Eating | Cravings |
| Digestive Problems | Fatigue |
| Headaches | Skin Rashes |
| Joint Pain | Itchy Skin |
| Malaise | Low Energy |
| Constipation | Irritability |
| Weight Loss Resistance | Poor Concentration |

**Workshop will also cover Benefits of
Paleo
Low Carb
Keto
Clean Eating &
Sugar Free Diets**

What a Detoxification Program can offer:

| | |
|--------------------------------|--------------------------------|
| Elimination of Cravings | Energy & Motivation |
| Weight Loss | Anti-Aging Effects |
| Clearer Skin | Reduced Inflammation |
| Greater productivity | Pain Relief |
| Lower Blood Sugar | Stable Blood Pressure |



**Register Today
CALL 558-8500 x 5**

*The Family Wellness Center
100 Briarsdale Road
Harrisburg, PA 17109
www.thefamilywellnesscenter.com*