



SPRING

DETOX TALK

INTERESTED IN DOING A SPRING DETOX TO CLEANSE
AWAY THE WINTER DOLDRUMS?

WANT TO IMPROVE YOUR ENERGY, LOSE A LITTLE WEIGHT,
CLEAR YOUR MIND, AND LIFT YOUR SPIRITS?

Come to a free informational talk on: **Thursday, April 30th at 7pm**

Location: **Cottage by the Falls Wellness Center**
558 G Street in Idaho Falls (Corner of G and Memorial)

Hosted by **Dr. Chanté Wiegand, ND**

Call 522-7700 to reserve a spot as space is limited!

The doctor guided detox series will begin the following week (week of May 4th) and will include weekly group meetings, specific diet and detox guidelines, nutritional supplementation and more! Individual appointments with Dr.

Chanté are also available for more personalized attention.

The cost of the program and additional details will be provided. Be prepared to sign up and pay the night of the talk so your supplements can be ordered and we can start the following week.