

LET'S GET HEALTHY CASA GRANDE!

LOOK FOR NEW HEALTHY CLASSES CASA GRANDE PARKS AND RECREATION ACTIVITY GUIDE 2016

Post-Holiday Detox and Reset

Get back on track
after the holiday
season, giving your
body a fresh start in
this 3-week class.

Jan. 7-21st, Thursdays
6:30-7:30 pm

Learn How to Ferment

Fermented foods and
drinks are great for
your digestive health.
Learn to prepare your
own at home, easily
and at minimal cost.

Jan. 28th, Thursday

6:30-7:30 pm

Feb. 23rd, Tuesday

6:30-7:30 pm

What's Lurking in Your Food?

In this series, learn to identify what is in your
food, why it's in your food, and whether you
want to eat it.

- *What's the Scoop on Sugar?*
- *Toxic Food*
- *What's a GMO?*
- *Practical Solutions for Avoiding BPA*

Feb. 2-23rd, Tuesdays 5:15-6:15 pm

Food Is Thy Medicine

Learn about how foods can support the health
of your body's systems in this series.

- *Your Liver and Detoxification*
- *Your Digestive System*
- *Your Brain and Nervous System*
- *Heart Health and Circulation*
- *Your Immune System*

Feb. 4th-Mar. 3rd, Thursdays 5:15-6:15

Guided Elimination and Detox Diet:

Discover Your Healthy Foods

A 7-week class that implements the
elimination of the most common foods that
trigger symptoms, such as gas, bloating,
weight gain, and fatigue.

Feb 4th-Mar. 24th,

Thursdays 6:30-7:30 pm

Free Personal Health Coaching Session

Work with a certified personal health coach to
discuss your health priorities and goals.

Call to schedule your session. 520-421-8677

Detox and Reset

3-week class
offered monthly for
a healthy system cleanse,
utilizing healthy food
choices.

Feb. 2-16th, Tuesdays 6:30-7:30 pm