Detox and Reset

April 5th-19th, 6:30-7:30 pm, Tuesdays

Woman's Club 407 N. Sacaton Street

$35.00

For Registration Information: 520-421-8677 or www.casagrandeaz.gov

Get back on track and give your body a fresh start in this 3-week class.

A practical and gentle detoxification, focused on cleansing food and drink choices. Class will demystify the process, offer tips and strategies for effectiveness, and provide support and guidance.