

Detox: What, Why, How?

Learn why the process of removing toxic substances away from the body are helpful for our overall well-being. The body itself performs detoxification daily via the liver, kidney, digestive tract, lungs and the skin. See how to utilize your body to its best potential with this cleansing lecture!



Presented by: Dr. Laura Gouin
Naturopathic Physician

Wednesday, March 10th, 6:30 - 7:30pm

Members Lounge

Registration is required! Space is limited to 60 people!