



Come Learn the *Secrets* to  
Successful **Detox** and **FAT loss**

Presentation by **Rachel Smartt**  
Naturopathic Doctor and mother of 4



**Come and Learn:**

- How and Why detox helps improve weight loss
- Discuss how to **“Bust those VICES”** the right way
  - Share some hidden weight gain factors
- Review the **“BENEFITS”** of weight loss and how to stay motivated
- Also discussing the easiest first steps toward permanent health with **Juice Plus**



**When:** *Tuesday October 18<sup>th</sup> at 6:30 pm*

**Where:** **CLUB FITNESS 549 NORTH EXPRESSWAY, GRIFFIN**

**R.S.V.P- Melody Powell 770-490-3703**

**RSVP- Club Fitness 770-233-1113**

