

# CLEAN LIVING: HOW TO REDUCE TOXIC LOAD



**Time:** 10:00 a.m. – 11:00 a.m.



**When:** Tuesday, November 16, 2021



**Where:** Zoom Presentation  
*(you can also dial in by phone)*

Our bodies have become inundated with environmental toxins that we are not necessarily equipped to handle, therefore they are making us sick and tired. It is important to learn how to detox by examining your daily routines and integrating detoxifying practices.

**RSVP By: Tuesday, November 9th**



[www.MyActiveCenter.com](http://www.MyActiveCenter.com)



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