

FREE Quarterly Support Group *Partners in Weight Loss & Wellness*



November 3rd
6:30-7:30pm

“Detoxing our Body and Mind”



*How to choose a safe
detoxification plan. Learn
how to determine if a Detox
is right for you.*

Presented by Dr. Melanie Dias-Zair

***Pre-register at the front desk
or by calling 623-773-8600***

Rio Vista Rec. Center
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