

# Get Clean & Stay Lean in 2015!



Get free expert advise on achieving your New Years' goals from **Todd Nelson, D.Sc., Naturopath.**

He has been educating people in Colorado about healthy nutrition and wellness for 32 years.

- Learn how to rapidly cleanse and reboot your diet after the holidays
- Create a healthy eating plan throughout the year
  - Naturally and safely drop body fat
  - Recharge your energy
  - Reduce inflammation
- Overcome digestive problems
- Reduce chronic disease risks

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Saturday,

**January 10th**

1-2:30pm

in the Community Room

\*Please Sign-up online or at guest services

## ALFALFA'S

Louisville Alfalfa's Market • South Boulder & Centennial • 303.335.4200