

Free Class!

DETOX 101

Presented by: Cheryl O'Dell, MSN

There are a million reasons to detox -- and probably a million different ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions. Come and sample a superfood drink!



Class brought to you through partnership between library and Natural Grocers' Nutritional Health Coach, Cheryl.

Wednesday, January 2

3:00pm-4:00pm



Class Location:

525 Anderson Avenue, Coos Bay, OR 97420

(541) 269-1101 • <http://coosbaylibrary.org>

