

# DETOXIFY YOUR BODY, MIND, & SOUL

## @ Just for The Health Of It

Come and join the team at Just For The Health Of It and learn how to do it the healthy and safe way! There are MANY methods of detoxing that can be very costly and unsafe. We will teach you how you can continue to detox your body, mind, and soul every day of the year!

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**Tuesday Night Seminars 6:30 ~ 7:30 pm**

**\$10 for one seminar or \$20 for all 3**

**January 12, 2010 ~ Nutrition**

Robyn Moss, MS, RD ~ OC Nutrition

**January 19, 2010 ~ Exercise & Yoga**

Diane McConahay, B.S. Kinesiology ~ Just For The Health Of It

Marie Claude-Linteau, RYT ~ Just For The Health Of It

**January 26, 2010 ~ Stress Management**

Brianna Dubbs, MA, MFT ~ Dubbs Counseling

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**Saturday Morning "Detox" Yoga Classes 8:30 ~ 9:45 am**

**January 9, 16, 23, 30 ~ \$20 per class or buy a class series**

with Marie Claude-Linteau, RYT

**"Progressive Relaxation & Guided Imagery" Workshop 1 ~ 1:45 pm**

**January 30, 2010 ~ \$25**

with Brianna Dubbs, MA, MFT

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**Limited seating, PLEASE sign up early!**

JUST FOR THE HEALTH OF IT!



PERSONAL TRAINING

417 North Tustin St. Orange, Ca 92867

Phone: 714.639.0494

Email: [just4thehealthofit@sbcglobal.net](mailto:just4thehealthofit@sbcglobal.net)

[www.justforthehealthofit.INFO](http://www.justforthehealthofit.INFO)

**All proceeds will go to The Friendly Center and the YWCA**