

# Free Workshop

## *Let's Get Juiced!*

Wednesday, March 24<sup>th</sup>, from  
6:30–8:00pm

- Learn the many amazing benefits of raw vegetable juicing and cellular nutrition!
- Taste our “green lemonade” and take home info on the best juicers to buy, the best recipes to use, and discover a simple, delicious way to drink your veggies & fruit.
- No time to juice? Learn about the best alternatives.



*Whether you want to prevent or reverse disease, detoxify your body, enhance your immune system or just feel great—come to this lively workshop.*

**Please call Janelle at 558-8500  
to reserve your seat!**



**Deborah Coulston, MA, MATS, LMFT**  
is the Director of The Family Wellness Center and a Licensed therapist with more than 20 years experience in Counseling and Nutrition Psychotherapy. Deborah specializes in eating disorders and holistic weight management.



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*[www.TheFamilyWellnessCenter.com](http://www.TheFamilyWellnessCenter.com)*