



## Detox for Health Learning Session

Fourth Saturday of Each Month

11:30 AM – 12:30 PM

DAWN JACOBSON MD

+ ABUNDANT LIVING +

- ❖ *Did you know you are surrounded by thousands of chemicals and other toxins daily?*
- ❖ *Do you seek ways to prevent toxin-associated diseases like cancer, dementia, Parkinson's, and chronic lung disease?*
- ❖ *Are you looking for a community who gathers with the purpose of healing body, mind, and spirit?*

### Join us for the *Detox for Health Learning Session!*

This learning experience is led by Dr. Dawn Jacobson, MD, an integrative medicine physician and detoxification specialist. Each month has a unique theme with time for questions and a delicious Detox Smoothie of the Month! The class is held in the Hermitage Farm kitchen where you learn how detox foods, lifestyle activities, and natural supplements can increase your body's ability to clear toxins. She also shares easy ways to create a toxin-free environment at home and work to reduce your daily toxin exposure.

**Cost:** \$35 per person for each session. Class size is limited to 8 people.

**To register:** go to [dawnjacobsonmd.com](http://dawnjacobsonmd.com) and locate the Store page to reserve your class space

**What to expect:** a comfortable table where we gather, a 5 minute meditation and breath practice, 30 minutes of interactive learning, 15 minutes in the kitchen preparing and sharing the Detox Smoothie of the Month.

**What to bring:** a glass or stainless beverage container, a journal to take notes, healing crystals, spiritual items that are meaningful to you

~ The Light in me sees and honors the Light in you ~

I look forward to seeing you at the next Detox for Health Learning Session



HERMITAGE FARM  
CENTER FOR HEALING

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