

# THE MIND AND BODY DETOX



## PERI —/ MENOPAUSE EDITION

A 6- WEEK EMPOWERMENT SERIES FOR WOMEN

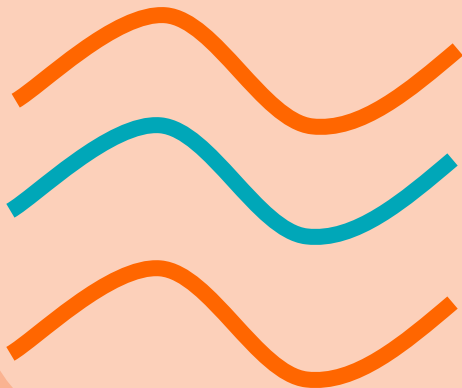
**Wednesdays, August 26—  
Sept. 30**

**10:00—11:15 AM**

**The Burrow, Fox Army Health Center**



**Let's detox the myths, embrace change, and build  
lifelong wellness!**



**To register, call the Dietician's office:  
256-955-8888 extension 1294**

**Register by August 24, 2026**

