

# THE MIND & BODY DETOX (PERI) / MENOPAUSE EDITION

A 6-WEEK EMPOWERMENT SERIES FOR WOMEN

Wednesdays, April 1—May 6

10:00—11:15 AM

The Burrow, Fox Army Health Center

LIMITED TO 10 PARTICIPANTS

Join Dietician, Heather Hough, &  
Social Worker, Brittany Huey

- ◇ Real talk about physical and emotional changes
- ◇ Insight rooted in the Army Performance Triad: Sleep, Activity & Nutrition
- ◇ Guidance for movement as bodies age
- ◇ Tools to help you be kind to yourself and thrive during this life transition

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



Registration by March 30, 2026:

256-955-8888 Extension 1294

