



Community Calendar Announcement

- What:** “Detox” Wellness Seminar
- Where:** Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento
- When:** Monday, April 5
- Time:** Noon
- Cost:** \$20.00
- For More:** 916-482-6111 or www.ardenhills.net

Suggested Copy: Interested in learning how to “detox” your body in a healthy and effective way? Or, if you’re wondering about the benefits of a detoxification effort and why anyone should consider it in the first place, now is the chance to get some straight answers during a special wellness seminar at **Arden Hills Resort Club & Spa**. On-site Nutritionist Lisa Taylor will guide you through when, why and how to detox your body on your path to overall wellness. Open to everyone but space is limited so reserve yours today. For more, call 916-482-6111 or visit www.ardenhills.net.

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