



## 21-Day Cleanse

*Bring health renewal to your body through whole food and herbs.*

- The January 7 meeting is an informational session to help you decide if this cleanse is right for you.
- Products will be distributed on January 14.
- The 21-day cleanse will begin on January 15 and end on February 4. Limited to 12 participants.

Musetta Perezarce, a Registered Nurse & Pilates Instructor, will facilitate this cleanse journey with you.

*Tuesdays  
January 7–February 4  
6:30–7:30 p.m.*



*\$299 includes: group sessions, daily emails and Standard Process products. If you purchase this cleanse and prepay for Musetta's 6-week Pilates sessions, you will receive a 20% discount on your entire purchase. Meets at the Journey Center.*



## Morning Pilates

*Establish a health foundation through strength, flexibility and partnership with your body.*

- This 6-week class meets two mornings a week.
- Please bring your own mat.
- Limited to 8 participants.

Facilitated by Musetta Perezarce, certified Pilates Instructor.

*Mondays & Wednesdays  
January 13–February 19  
5:30 a.m.–6:30 a.m.*

*\$13 per class. If you prepay for the 12 classes you will receive a 10% discount. If you prepay and also enroll in Musetta's 21-day cleanse, you will receive a 20% discount on your entire purchase. Meets at the Journey Center.*

*1601 Fourth Street Santa Rosa 578-2121 [www.journeycenter.org](http://www.journeycenter.org)*