

FOR ALL NCNM STUDENTS, FRIENDS AND STAFF

# Spring Cleansing Program!



Join Dr. Glen Nagel for a 21-day cleansing & wellness program at the Charlee's Kitchen

**Thursdays**  
**6:30 – 8:30 pm,**  
**May 8, 15, 22, 29**

Email Dr. Nagel to schedule screening visit or more information at [gnagel@ncnm.edu](mailto:gnagel@ncnm.edu)  
503 552-1776

Classes Held at  
*Helfgott Research Institute & Community Education Center*  
2220 SW 1st Ave  
Portland, OR



**“Why a Spring Cleanse?” *FREE* Introductory Talk, offered Thursday, April 24th or May 1st 6:30pm Charlee’s Kitchen**

- 21-day whole foods cleansing program
- Create a healthy relationship with food
- Healthy food demonstration and recipes
- Group support for healthy eating, living
  - Optimize your weight, gain energy
  - Lessen your risks for chronic illness
- Support healthy lipids and blood sugar
- Decrease toxins and reduce cravings

***Classes & Supplements: \$125 (a \$250 value)***

***Limited to 20 participants!***