

2025 Wellness Webinar Series



**Wednesday
September 17
Noon – 1:00 p.m.**

Clean Living, Clear Choices: Detoxing for a Healthier Life

Discover ways to reduce environmental toxins and enhance health through detoxification and clean living. From practical tips on minimizing exposure to choosing better products, this session supports a mindful, toxin-reduced lifestyle.

PRESENTER: Mikaila Zapata, Program Manager, Health and Wellness



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SCAN ME



Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.