

# Join Sachi at Unity On The Bay,

Tuesday October 4th  
from 7:00 to 9:00 PM



## Detoxify Your Life

*Vividly imagine a city that has a garbage strike going on for years. See the trash piling up everywhere, offensive to all of your senses. Ugly to look at, disgusting to smell. See it spilling into the streets, blocking the sidewalks and roads. Isn't that a gruesome picture?*

*Now imagine your body, your mind, your emotions, your spirit, all collecting garbage! Piling up more and more year after year. If we want to be completely healthy and balanced we need to clear up that garbage. It is time to detox!*

*You will have that opportunity Tuesday night, October 4th, from 7:00 to 9:00 P.M. at Unity on The Bay\*. We will delve deeply into this critically important component of physiological, psychological, emotional, and spiritual health. We'll discuss how to get rid of the toxins in every area of our lives so that we can achieve total health.*

*Come and join us in throwing out the garbage!*

*\* For more information and directions go to [UnityOnTheBay.org](http://UnityOnTheBay.org)*

