



*Presents*



**Please complete medical form downloadable at our**

**Website:**  
[Uzimalifestylecenter.org](http://Uzimalifestylecenter.org)

**Address:**  
**Uzima Lifestyle Center**  
4601 Winding Way  
Kalamazoo MI 49006

**Tel: (269) 775-1133**

**Email:**  
[uzimalifestylecenter@yahoo.com](mailto:uzimalifestylecenter@yahoo.com)

**Space is limited!**

This one week program is designed specifically for individuals seeking to cleanse and detox the body while learning the techniques to achieve optimum health.

- Healthy Plant-Based Meals
- Lodging
- Medical Appointment
- Hydrotherapy
- Massage
- Lectures-Nutrition/Cooking and Exercise Classes
- Individualized counseling
- After Care Support

**Date: February 6 - 9, 2019**

**Cost \$1050**

**Early Bird Registration \$1,000 (Until Dec 30, 2018)**