

RUTHSHARIF

NUTRITION

2024 CLEANSE AND REBOOT DATES

NEW YEAR JANUARY CLEANSE

Week commencing **8th January** with online briefing the evening of the 3rd of January.

SPRINGTIME APRIL CLEANSE

Week commencing 15th April with zoom briefing on the 10th of April.

SUMMERTIME CLEANSE

Dates tbc but either week commencing 17th June or 1st July.

AUTUMN SEPTEMBER CLEANSE

Week commencing 16th of September with zoom briefing the 11th of September.

PRE-CHRISTMAS 2023 CLEANSE

Week commencing 25th November with zoom briefing the 20th of November.

I hope this is helpful. Please do let me know if you would like me to put you on the list. If you have any questions or indeed if you would prefer not to receive Cleanse info going forward.

Warm wishes

Ruth x

RUTHSHARIF

Registered Nutritionist MBANT

Registered Nutritional Therapist CNHC

M 07791 296 279

ruth.sharif@me.com

ruthsharif.com