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FOR IMMEDIATE RELEASE:**Three-Week Spring Cleanse Workshop at Wild Oats Market Begins May 3**

Williamstown, MA, April 26, 2011. Wild Oats Market, a cooperatively owned market specializing in local and organic foods, is offering a three-week spring detox workshop beginning Tuesday, May 3, and continuing on Tuesday, May 10 and Tuesday, May 17. The workshop will take place from 5:15-6:30 pm in the Wild Oats café. Ms. Debbie Corey, a holistic health counselor and certified life coach, will lead this three-part series. She has taught this workshop previously at Oasis Day Spa in Bennington and Tsubo Massage in Williamstown.

The Cleanse Workshop is for anyone interested in eliminating toxins in the body through diet and other means, thus improving their energy level and overall health. Week 1 (May 3, 5:15-6:30 pm) will cover factors that can lead to toxicity in the body; the signs of toxic overload; and the benefits of detox. Debbie will discuss how to prepare for the cleanse and will lead workshop participants in setting their intention for the next three weeks, so they can experience the cleanse workshop in a way that is most meaningful and useful to them.

During Week 2 (May 10, 5:15-6:30 pm), Debbie will delve into the how-to's of detoxifying the body with delicious, satisfying food and practical tips. She will discuss shopping for the cleanse; supplements that support digestive processes and nutrient absorption; and the important role of greens in detoxifying the body. Wild Oats will prepare some of Debbie's cleanse recipes for participants to try (and participants will receive several recipes as handouts).

Week 3 (May 17, 5:15-6:30 pm) will focus on other ways to detox the mind and body, such as exercise, meditation and body scrubbing.

Cost for the Cleanse Workshop is \$10 for one night or \$25 for all three nights. Participants are encouraged to sign up for the entire series. Space is limited and preregistration is required. Sign up in person at Wild Oats Market, 320 Main Street, Williamstown; by calling (413) 458-8060; or by emailing marketing@wildoats.coop. Please make checks payable to Debbie Corey.

Spring, the traditional time of renewal, is the perfect time of year to cleanse and revitalize the body, mind and spirit. The instructor has significant experience in leading a detox series. Her gentle approach to cleansing considers each individual's goals, needs and state of health.

About Debbie Corey

Deb Corey is a holistic health counselor and certified life coach whose work supports women and men ready for better health, better relationships and overall better living. She hosts seasonal cooking demonstrations which show workshop participants how to combine the needs of the body with foods that heal and support the entire system into better balance. She is available for on-site workshops, private nutritional counseling, private life coaching, and more. To contact her please email healthywithdeb@gmail.com.

Wild Oats Market is a member-owned, cooperative-based whole foods market specializing in local and organic products. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate. In addition, the store offers a hot foods bar, a fresh grab-and-go deli, and breads, rolls and pastries freshly baked on-site. Wild Oats Market also carries natural supplements and personal care products, as well as environmentally-friendly household supplies. The co-op is located at 320 Main Street in Williamstown.