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FOR IMMEDIATE RELEASE:

Wild Oats Market to Hold Free Workshop on Our Exposure to Potential Toxins on September 27, 6-7:30 pm

Williamstown, MA, September 20, 2011. Wild Oats Market, a cooperatively owned market specializing in local and organic foods, is pleased to offer *What's Gotten Into Us*, a free workshop about detoxifying the body of the toxic chemicals you may be exposed to on a daily basis in your home, in your food, and in the products you use to care for your body. The workshop will cover chemicals and toxins commonly found in the home that pose health risks for you and your family; food additives in many of the foods and drinks you may consume daily; how these toxins can affect the proper functioning of your body, your general health and your ability to heal or lose weight; and how to avoid and reduce your exposure and detoxify your body.

This workshop is presented by Dr. Francine Lajoie, Jay Walsh and Erin Halton of [Living Well Chiropractic](#) in North Adams, MA.

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.
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