

Chapter 7

Lesson 1: Why Cleanse?

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Time	Instructions	Materials Needed
Learning Objectives	Define what a cleanse is and understand what the benefits of cleansing are.	Pg. 1 content
Activities	<ol style="list-style-type: none">1. Read the content2. Complete the activity3. Complete the quiz	Workbook/content
Wrap Up/ Reflection	Discuss - has anyone in the group done a cleanse before, and if so what was your experience?	Write in workbook
Assessment	Quiz	Quiz
Notes & Check for Understanding		