



# Bismarck Veterans Memorial Public Library

March 11, 2024

## **MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE:** Bismarck Veterans Memorial Public Library presents a Health Education Series - “The Power of Mushroom Supplements”

**WHAT:** Find the Perfect Mushroom for Your Health Goals

Research has shown that mushroom supplements have numerous health benefits, supporting various bodily functions such as energy levels, immune system function, skin and hair health, brain function, and liver health. With such a wide range of benefits, it is no wonder that mushroom supplements are quickly gaining popularity as a natural health supplement. Whether you are looking to boost your energy levels, improve your immune system function, or achieve an overall sense of well-being, mushroom supplements can help you achieve your goals.

Join NATURAL GROCERS NUTRITIONAL HEALTH COACH BRITTANY HUGELN for this informative class and discover the power of mushroom supplements.

**WHEN:** Tuesday, March 19, 2024, 1:30 p.m.

**WHERE:** Bismarck Veterans Memorial Public Library, Meeting Room B

**WHO:** Free and open to all adults. Media is invited to attend.

**FOR ADDITIONAL INFORMATION CONTACT:** **MAC KEMMER, ADULT SERVICES PROGRAM COORDINATOR**  
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