



# Bismarck Veterans Memorial Public Library

January 04, 2024

## **MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE:** Bismarck Veterans Memorial Public Library presents a Health Education Series - The Power of Probiotics

**WHAT:** Discover the Secret to Vibrant Health

Did you know that trillions of living bacteria in your digestive system can impact everything from your metabolism to your mood? The balance of these microorganisms is vital, and probiotics play a crucial role. Understanding probiotics is essential to unlocking optimal health, whether you want to manage your weight, boost your immune defenses, or enhance mental clarity.

Dive deep into understanding gut health with Nutritional Health Coach Brittany Hugelen in an informative session to demystify probiotics and their benefits. Learn about the critical supplements that support a flourishing gut microbiome and take the first step towards a healthier you. Take advantage of the opportunity to transform your well-being from the inside out!

Join us and give your gut the attention it deserves for your overall health and happiness!

**WHEN:** Tuesday, January 16, 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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