Press Release

Event: **Intro to Natural Medicine: How to Manage Cold & Flu**

Date/Time: Sunday, February 10, 2018 from 2:00PM to 3:00PM

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The flu epidemic is upon us! Join Dr. Kaitlyn Staal, a CT licensed Naturopathic Physician, on Saturday, February 10 from 2:00 – 3:00 PM. Dr. Kat will discuss the best ways to boost your immune system to ward of f disease causing viruses and bacteria using herbs, teas, tinctures and other tricks including common foods you probably have in your kitchen already.

Find out more about Dr. Kat at doctorkat.weebly.com.

**This event is free and open to the public. Registration is not required.**

For more information regarding the event, please contact Madhu Bajaj Gupta at 860-447-1411 x5, mgupta@plnl.org or go to the library's website at [www.plnl.org](http://www.plnl.org).