



# URBAN MOONSHINE®

ORGANIC BITTERS & TONICS

herbal lecture series

to inspire the use of traditional herbal remedies in modern America!

herbs for athletes

with Guido Mase

MAGLIANERO CAFÉ

47 Maple St., Burlington VT  
(round back)

Thursday, July 21st 6-7pm



Alongside good nutrition, herbal support can be invaluable for athletes of all abilities. Learn how key herbs can help reduce the risk for injury to ligaments and muscles; alleviate the symptoms of common injuries and speed recovery; and enhance stamina and blood oxygenation during training and competition.



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