



The Chattanooga Medicinal Mushrooms Summit

August 24, 2024 | 10am-6pm | Crabtree Farms

Join *Midsouth Women's Herbal* and *Crabtree Farms* for an immersive day of exploring the nutritive, medicinal, and therapeutic properties of mushrooms! Workshop topics include:

Medicinal Mushrooms: The Basics & Beyond

Mushrooms in the Kitchen: Cooking Tips & Recipes

Your Brain on Mushrooms: Nootropic Fungi & Alzheimer's Research

Shiitake Happens. Mushrooms Can Help!

Psychoactive Mushrooms: Past, Present, Future

Summit: \$75 Lunch: +\$16 All Adults Welcome!

www.MidsouthWomensHerbalConference.com/Summit



Presenter: *Michelle Rigling, PhD*

Michelle is the founder of *Midsouth Women's Herbal* and *Cavewoman Counseling & Retreats*. She is a Board-Certified Holistic Health Practitioner, Transpersonal Counselor, and Certified Eco-Therapist who integrates medicinal mushrooms into her work. Michelle also provides harm reduction services, ceremonial guidance, and integration counseling to those working with psychoactive mushrooms for emotional wellness and spiritual exploration.