



Bismarck Veterans Memorial Public Library

March 11, 2024

MEDIA ADVISORY

FOR IMMEDIATE RELEASE: Bismarck Veterans Memorial Public Library: Adult Mobility Class: Move It or Lose It

WHAT: Get your body moving in a safe and fun environment for 60 minutes. Explore movement, improve mobility, posture, balance, and gait. Incorporating dance elements with corrective exercise, this class is open to anyone who is experiencing limited mobility or balance issues. Led by instructors from Northern Plains Dance.

WHEN: Monday Mornings, 10:00 a.m. to 11:00 a.m.
March 25 through April 29, 2024

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: **SARAH MATTHEWS, HEAD OF ADULT SERVICES**
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