



Bismarck Veterans Memorial Public Library

January 08, 2020

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Nutritional Health Series at Bismarck Veterans Memorial Public Library

WHAT:

Building Healthy and Delicious Meals

Saturday, January 25, 2020, 10:00 AM - 11:00 AM

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy and delicious meals. Together we'll make meal planning easy!

Immune Support

Tuesday, February 11, 2020, 6:30 PM - 7:30 PM

Just like the rest of our body, the immune system requires optimal nutrition to work at its best. Keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during the winter months.

Classes taught by Ellen Roufs, Nutritional Health Coach with Natural Grocers.

WHEN:

Saturday, January 25, 2020 from 10:00 am to 11:00 am

Tuesday, February 11, 2020 from 6:30 pm to 7:30 pm

WHERE:

Bismarck Veterans Memorial Public Library, Meeting Room C

WHO:

Program is free and open to all. Media is invited to attend.

CONTACT:

Sarah Matthews, Adult Programming

Bismarck Veterans Memorial Public Library

515 N. 5th St., Bismarck, ND 58501 USA

Phone: (701) 355-1485 | smatthews@bismarcklibrary.org

MEDIA KIT:

<http://bismarcklibrary.org/250/For-the-Press>

SOCIAL MEDIA:

www.facebook.com/bismarcklibrary/

SENT BY:

Kevin R. Tengesdal, Community Relations Coordinator

Bismarck Veterans Memorial Public Library

Phone: 701-355-1450 | ktengesdal@bismarcklibrary.org