



Bismarck
Veterans Memorial
Public Library

June 04, 2024

MEDIA ADVISORY

FOR IMMEDIATE RELEASE: Bismarck Veterans Memorial Public Library presents a Health Education Series - “Where to Start to Love Your Heart”

WHAT: Taking care of your heart doesn’t have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with 3 simple dietary strategies and three supplements that will pump up your heart health. Join Natural Grocers Nutritional Health Coach Brittany Hugelen for this informative class.

WHEN: Tuesday, June 11, 2024, 1:30 p.m.

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: **MAC KEMMER, ADULT SERVICES PROGRAM COORDINATOR**
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MEDIA KIT: <https://bismarcklibrary.org/2221/For-the-Media>

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