



Bismarck Veterans Memorial Public Library

October 20, 2023

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library presents Ballroom Basics

WHAT:

We are inviting all social dance lovers! Whether you are a seasoned pro or a complete beginner, we invite you to join us for an evening of fun and excitement at Ballroom Basics. Our experienced instructor from Northern Plains Dance will guide you step-by-step through the fundamentals of “lead and follow,” “basic footwork patterns,” and musicality in various popular dance styles, including Waltz, Foxtrot, East Coast Swing, Salsa, and Argentine Tango.

Imagine yourself confidently gliding across the dance floor, feeling the rhythm of the music and the connection with others. It is very exhilarating! Ballroom dancing is a great way to relieve stress, boost your mood, and stay active. It is also a fun and social activity you can enjoy with friends, family, or strangers. So come on and join us for Ballroom Basics! No partner is needed either! We’ll see you on the dance floor!

WHEN:

Thursday, November 02, 2023 at 6:30 p.m.: Introduction to Waltz
Thursday, November 30, 2023 at 6:30 p.m.: Introduction to Foxtrot

WHERE:

Bismarck Veterans Memorial Public Library, Meeting Room A

WHO:

Free and open to adults. Media is invited to attend.

CONTACT:

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