



Bismarck  
Veterans Memorial  
Public Library

October 05, 2023

**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.  
October 16 through November 20, 2023

**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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