



Bismarck Veterans Memorial Public Library

February 25, 2022

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library: Mindfulness for Beginners

WHAT:

This class introduces you to the benefits of practicing and incorporating mindfulness into your lives, homes, and relationships. This session is designed to provide tools and practices that reduce stress and frustration and offer ways to navigate challenges and strengthen resilience. Class taught by Alicia Davis the founder of Heilung Collective, which unites yoga, mindfulness, and healing.

WHEN:

Sunday, March 20th at 1:30 p.m.
Saturday, May 14th at 1:30 p.m.

WHERE:

Bismarck Veterans Memorial Public Library, Meeting Room C

WHO:

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

CONTACT:

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MEDIA KIT:

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

SOCIAL MEDIA:

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