



Bismarck Veterans Memorial Public Library

October 31, 2022

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library presents Cardio Drumming!

WHAT:

Beat Your Drum! Cardio-Drumming at the library! Who knew fitness could be so much fun? Dance to the beat of your own drum! Cardio drumming is a form of high-intensity fitness trend aimed at strengthening your body and maintaining fitness. It's very simple, fun, and you don't need a lot of equipment. We supply the drumsticks and exercise balls; you supply the enthusiasm! There will be three different classes with music to make your heart happy! Registration is required – call the Youth Services Department at 701-355-1489 to register. This program is co-sponsored by Bismarck-Burleigh Public Health.

WHEN:

November 28th - *I've Got a Feeling Dance*
4:30-5:00 Family
5:15-5:45 Family
6:00-6:30 Adult

December 5th - *Can't Stop the Feeling*
4:30-5:00 Family
5:15-5:45 Family
6:00-6:30 Adult

December 12th - *Mash-up*
4:30-5:00 Family
5:15-5:45 Family
6:00-6:30 Adult

WHERE:

Bismarck Veterans Memorial Public Library: Meeting Room A

WHO:

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

**FOR ADDITIONAL
INFORMATION**

TRACI JUHALA, YOUTH SERVICES

Bismarck Veterans Memorial Public Library
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CONTACT:

MEDIA KIT:

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

SOCIAL MEDIA:

www.facebook.com/bismarcklibrary/

SENT BY:

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