



Bismarck Veterans Memorial Public Library

November 23, 2020

MEDIA ADVISORY

FOR IMMEDIATE RELEASE:

Virtual Health Education Series -- Bismarck Veterans Memorial Public Library

WHAT:



Probiotics: Because Whole Body Health Begins in Your Gut

Friday, December 11, 2020, 7:00 PM - 8:00 PM

Your gut bacteria influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus!

Cravings, Weight Gain, and the Blood Sugar Roller Coaster

Friday, January 8, 2021, 7:00 PM - 8:00 PM

Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control!

Classes taught by Ellen Roufs, Nutritional Health Coach with Natural Grocers.

Join us via Zoom for an online discussion. Email or call Sarah to preregister (required) at smatthews@bismarcklibrary.org, or 355-1485. Participants will receive an email the day before the event regarding virtual meeting details.

WHEN:

Friday, December 11, 2020, 7:00 PM - 8:00 PM

Friday, January 8, 2021, 7:00 PM - 8:00 PM

WHERE:

Online via Zoom Meetings

WHO:

Program is free and open to all. Preregistration IS required. Media is invited to attend.

CONTACT:

Sarah Matthews, Adult Programming
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MEDIA KIT:

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

SOCIAL MEDIA:

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SENT BY:

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