



# Bismarck Veterans Memorial Public Library

October 21, 2019

## **MEDIA ADVISORY**

**FOR IMMEDIATE  
RELEASE:**

Stress Resilience Series at Bismarck Veterans Memorial Public Library

**WHAT:**

We cannot avoid stress so let us learn to deal with stress in a healthier way. Engage in activities and education about the health challenges and benefits of stress. Build strategies of resilience and apply this knowledge to your environment. Inner Groundwork, a non-profit organization with a mission to create safe, healthy, and thriving environments, presents this two-part series in conjunction with the Bismarck Public Library. We seek to reduce bullying, suicide, child abuse, addictive behaviors, and other harmful behaviors towards self or others by focusing on cultivating the inner groundwork of emotional intelligence, resiliency, and mindfulness.

**WHEN:**

STRESS RESILIENCE: Nov 7th • 4-5:00pm  
STRESS PREVENTION & POSITIVITY: Nov 14th • 4-5:00pm

**WHERE:**

Bismarck Veterans Memorial Public Library, Meeting Room B

**WHO:**

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

**CONTACT:**

Michelle at [michelle@innergroundwork.com](mailto:michelle@innergroundwork.com)  
Visit: [www.innergroundwork.com](http://www.innergroundwork.com)

Sarah Matthews, Adult Programming  
Bismarck Veterans Memorial Public Library  
515 N. 5th St., Bismarck, ND 58501 USA  
Phone: (701) 355-1485 | [smatthews@bismarcklibrary.org](mailto:smatthews@bismarcklibrary.org)

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**SENT BY:**

Kevin R. Tengesdal, Community Relations  
Bismarck Veterans Memorial Public Library  
Phone: 701-355-1450 | [ktengesdal@bismarcklibrary.org](mailto:ktengesdal@bismarcklibrary.org)