



Bismarck  
Veterans Memorial  
Public Library

Y O U B E L O N G H E R E

January 14, 2026

**MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE:** Bismarck Veterans Memorial Public Library presents  
Adult Mobility Class: Move It or Lose It

**WHAT:** Join us for a 60-minute session designed to get your body moving in a safe and enjoyable environment. Led by experienced instructors from Northern Plains Dance, this class aims to foster trust and confidence.  
Explore movement while enhancing your mobility, posture, balance, and gait. Incorporating dance elements into corrective exercises, it is open to anyone with limited mobility or balance challenges, helping you find joy and strength in every movement.

**WHEN:** Friday Mornings, from 10:00am to 11:00am  
January 23 through March 6, 2025

**WHERE:** Bismarck Veterans Memorial Public Library, Missouri River Room

**WHO:** Free and open to all adults.

**FOR ADDITIONAL INFORMATION CONTACT:** **SARAH MATTHEWS, HEAD OF ADULT SERVICES**  
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