



Bismarck Veterans Memorial Public Library

December 08, 2023

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library presents Winter Solstice Cardio Drumming

WHAT:

Feel the beat and move your feet! Cardio drumming is a high-energy fitness trend that combines the thrill of drumming with the benefits of a full-body workout, warming up your body and soul. It is easy, invigorating, and a blast to do! We provide the drumsticks and exercise balls – you bring the energy.

Get your heart pumping with tunes that will heat up the coldest weather! Preregistration is required to join the fun. Please call the Children's Library at 701-355-1480 to reserve your spot. Do not miss this opportunity to celebrate the Winter Solstice with rhythm and warmth at your library!

Proudly co-sponsored by Bismarck-Burleigh Public Health, this event is your chance to welcome winter with wellness.

WHEN:

December 21, 2023 - Winter Solstice
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. Preregistration is required. Media is invited to attend.

**FOR ADDITIONAL
INFORMATION**

MACALLISTAR KEMMER, ADULT SERVICES PROGRAM COORDINATOR

CONTACT:

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MEDIA KIT:

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

SOCIAL MEDIA:

www.facebook.com/bismarcklibrary/

SENT BY:

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