



Bismarck Veterans Memorial Public Library

October 06, 2023

MEDIA ADVISORY

FOR IMMEDIATE RELEASE: Bismarck Veterans Memorial Public Library: Health Education Series - 21 Days to a Healthier You

WHAT: Want to experience more vibrant and optimal health in just 21 days? If so, join us for a 3-class series led by Natural Grocers Nutritional Health Coach Brittany Hugelen. Week one discusses how to eat for health and vitality, week two educates on how blood sugar impacts health, and week three is all about detoxifying your home and body. Each class is followed up by a 7-day challenge.

WHEN: Thursdays from 1:30 p.m. to 2:30 p.m.
October 19, 26, and November 2, 2023

WHERE: Bismarck Veterans Memorial Public Library, Meeting Room B

WHO: Free and open to all adults. Media is invited to attend.

FOR ADDITIONAL INFORMATION CONTACT: **MAC KEMMER, ADULT SERVICES PROGRAM COORDINATOR**
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