



# Bismarck Veterans Memorial Public Library

June 12, 2023

## **MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE:** Bismarck Veterans Memorial Public Library: Health Education Series - “Maximize Your Healthspan Nutrition Class”

**WHAT:** We all desire to live a long and healthy life, but are those extra trips around the sun really quality, healthy years added? Maximizing your health span is all about learning how to put health back into your years, so you can live life to the fullest. Class taught by Brittany Hugelen, Nutritional Health Coach with Natural Grocers.

**WHEN:** Tuesday, June 20, 2023  
2:00 PM - 3:00 PM

**WHERE:** Bismarck Veterans Memorial Public Library  
Meeting Room B

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

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