



Bismarck Veterans Memorial Public Library

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

January 24, 2025

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library
presents Vinterfest Winter Wellness

WHAT:

Embrace the winter season with a Scandinavian-inspired wellness experience that will refresh your mind, warm your body, and nourish your soul.

“Winter Wellness” combines outdoor movement and food education in the spirit of Nordic traditions. Start with a revitalizing outdoor yoga session on the labyrinth, then warm up indoors with an interactive exploration of the health benefits of the New Nordic Diet (NND). This event is the perfect way to connect with nature, learn something new, and enjoy quality time with friends and family.

Hosted by BBPH-Katie Johnke, RDN, LRD and certified yoga instructor Jana Millner.

WHEN:

Thursday, February 6, from 6:00pm to 7:00pm

WHERE:

Bismarck Veterans Memorial Public Library, Children’s Library

WHO:

Free and open to all ages. Media is invited to attend.

**FOR ADDITIONAL
INFORMATION
CONTACT:**

**TIFFANY TOWNE, YOUTH SERVICES PROGRAM
COORDINATOR -- CHILDREN**

Bismarck Veterans Memorial Public Library
515 North Fifth Street, Bismarck, ND 58501 USA
Phone: (701) 355-1480 | TTowne@bismarcklibrary.org

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SENT BY:

Kevin R. Tengesdal, Public Information Specialist
Bismarck Veterans Memorial Public Library
Phone: 701-355-1450 | ktengesdal@bismarcklibrary.org