



Bangor – Bloomingdale – Covert – Decatur – Gobles – Lawrence - Mattawan
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PRESS RELEASE – FOR IMMEDIATE RELEASE

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VBDL PRESENTS ‘A TASTE OF WELLNESS’

DECATUR, MICHIGAN - - - - Van Buren District Library celebrates health and wellness during its new fall festival, “A Taste of Wellness,” Saturday, October 19, at the Antwerp Activity Center, Mattawan.

The event includes both physical fitness activities and educational sessions. Activities include meditation, yoga, cardio drumming, and movement for kids. Education sessions focus on mindfulness, kids’ nutrition, uses of CBD and Body Love with Laura Sprague.

A variety of vendors will also be on hand to demonstrate products and provide information. Current vendors include Bronson Health, The Grassy Knoll and MSU Extension. Vendors interested in participating may contact VBDL Antwerp Sunshine Branch Librarian Kayla Jellies at 269.668.2534 or via email at info@vbdl.org.

For additional information, contact Jodi Kuiper at VBDL Bangor Branch, 269.427.8810. Email inquiries may be sent to info@vbdl.org. Van Buren District Library is headquartered in Decatur with branches in Bangor, Bloomingdale, Covert, Gobles, Lawrence and Mattawan.

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