

**NEWS from the North Dakota Department of Human Services  
600 East Boulevard Avenue, Bismarck ND 58505**

**FOR IMMEDIATE RELEASE  
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**Carrington to Host Forum on Health Prevention and Wellness March 31**

BISMARCK, N.D. – Carrington residents and others from surrounding communities interested in health prevention and wellness are invited to an educational forum on Thursday, March 31, 2010. The forum will feature state and local health experts on disease prevention, maintaining independence, healthy living, parenting tips, healthy aging and more.

The first forum will be geared towards older adults at the Carrington Senior Center, 36 10<sup>th</sup> Ave. South, from 11:45 a.m. to 4 p.m. Keynote speaker, Dr. John Collins from Medcenter One in Jamestown, will present *“Leaving the Farm and Other Things That Mess With Your Mind”* at 1 p.m. His comments will touch on adjusting during different stages of life.

The afternoon will also feature presentations on the Volunteer Community Ombudsman Program, healthcare directive including living wills and power of attorney for health care, and stroke prevention. The forum is free.

A senior meal will be served before the forum. Reservations are required and can be made by calling 701-652-3257 by Tuesday, March 29, 2011. The suggested donation for the meal cost is \$3.50 for people over the age of 60, and \$6.25 for other attendees.

“Health prevention and wellness is important to the livelihood of a community,” said Carrie Thompson-Widmer, Regional Aging Services program administrator for South Central Human Service Center. “This event will provide face-to-face conversation, good information and offers something for everyone.”

Forum sponsors include the Governor’s Committee on Aging, Department of Human Services’ South Central Human Service Center, and Fostering Care for You Committee of Carrington.

Learning about healthy living continues later in the day with a **Community Fair** at the **Carrington Elementary School** from **3:30 p.m. to 7:30 p.m.** There will be informational booths on wellness for people of all ages. The fair will feature two presentations on obesity among youth and strategies for effective parenting.

For more information on the forum for older adults, call Carrie Thompson-Widmer at 701-253-6395. Contact Juanita Short at 701-652-2739 for questions about the Community Fair.

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