

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

**FOR IMMEDIATE RELEASE
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Advocates Leading Their Lives network holds training

BISMARCK, N.D. - People with disabilities, their family members, and agency professionals will gather May 10 in Bismarck to learn about legislation affecting people with disabilities, individual rights, healthy living and personal development.

The self-advocacy network training event is scheduled from 9 a.m. to 4 p.m., at the Ramada Inn, 1400 E. Interchange Ave., and is sponsored by the North Dakota State Council on Developmental Disabilities.

In the morning, a panel including representatives from the North Dakota Protection and Advocacy Project, AARP, the North Dakota Department of Human Services' Developmental Disabilities Division, and Sen. Dick Dever will discuss recently passed legislation.

After lunch, dietitian Amanda Ihmels will give a presentation on nutrition to live well, and life coach Raychel Chumley who will lead a session titled: "Becoming a Better You."

Cody Wagner of the Protection and Advocacy Project will provide an overview of the agency and its services, and will share information about the rights of people with disabilities.

A detailed schedule is available online at www.nd.gov/dhs/info/publicnotice/index.html.

Individuals with questions about the training or who need accommodations, including auxiliary aids to participate, should contact State Council on Developmental Disabilities director Julie Horntvedt at 701-328-4847, ND Relay TTY 800-366-6888 or jhorntvedt@nd.gov.

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