

**NEWS from the North Dakota Department of Human Services  
600 E. Boulevard Ave., Bismarck ND 58505**

**FOR IMMEDIATE RELEASE  
September 19, 2017**

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## **Bodybuilder wants to build up health of others with disabilities at Sept. 22 conference in Bismarck**

BISMARCK, N.D. – Collin Clarke, who shed over 60 pounds and competed in Kentucky Muscle, wants to inspire others with disabilities to transform their lives through healthier choices. Clarke will share his story and fitness tips at the *Power Up* health conference, 9 a.m.-4 p.m., Sept. 22 at the Bismarck Event Center.

Conference programming focuses on health, nutrition, physical activity and well-being and features hands-on interactive sessions including chair yoga, 5/5 exercise led by Clarke, peer to peer physical education, and recreation, entertainment and arts and leisure ideas.

Experts will lead breakout sessions on communication bridges and barriers, therapeutic riding, what to do if a child is asked to leave every childcare center in town, dental decay and how to prevent it, Affordable Care Act developments, GROW: a seed to table program, the Advocates Leading their Lives network, and other topics. Dakota Center for Independent Living advocate Vicki Laraway will lead sessions on self-determination: setting goals and building skills and confidence, and self-determination and social media.

Luncheon programming includes a roundtable discussion on health survey results and health care needs. Josh Askvig, state director of AARP North Dakota, will close the event with a presentation: A Life without Running.

“This conference offers a hands-on approach to making physical activity and healthy lifestyle choices fun,” said conference organizer Kim Mathwich of Minot State University’s North Dakota Center for Persons with Disabilities (NDCPD).

She said over 70 individuals with disabilities are expected to attend, along with family members and professionals who provide services and support. Up to six hours of complimentary Social Work Continuing Education Units are available.

Individuals who need auxiliary aids to participate can contact NDCPD at 701-858-3580 (main number and TTY), toll-free 800-233-1737, or [vickie.brabandt@minotstateu.edu](mailto:vickie.brabandt@minotstateu.edu).

The State Council on Developmental Disabilities is sponsoring the event. The council promotes choice, independence, productivity, inclusion and opportunities for individuals with developmental disabilities to live, work and actively participate in their communities. For more information about the council, visit <https://www.nd.gov/scdd/> or contact the council at 701-328-4847 or [jhorntvedt@nd.gov](mailto:jhorntvedt@nd.gov).

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