

**NEWS** from the North Dakota Department of Human Services  
600 E Boulevard Ave, Bismarck ND 58505-0250

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**FOR IMMEDIATE RELEASE**  
**April 9, 2009**

Contacts: Amy Clark, Chairman of the Governor's Committee on Aging, 701-223-8659; Linda Wright, Aging Services Division Director, N.D. Department of Human Services, 701-328-4601; or Heather Steffl, Public Information Officer, N.D. Dept. of Human Services, 701-328-4933

**Governor's Committee on Aging Forum is April 20 in Dickinson**

BISMARCK, ND - The Governor's Committee on Aging is inviting residents of the Dickinson region to attend a public forum Monday, April 20, 2009, 9 a.m. – 4 p.m. (MT) at the Hillside Baptist Church in Dickinson. The forum is one of seven scheduled in communities across North Dakota this April featuring national and in-state experts on health promotion and disease prevention, and other issues related to living and aging well and maintaining independence.

"The North Dakota Governor's Forums on Aging are intended to be learning opportunities for seniors and others interested in issues related to aging," said Amy Clark, Chairman of the Governor's Committee on Aging.

Local organizers have planned a forum that includes lunch and entertainment, and features presentations on healthy lifestyles, gadgets and technology to help people live independently, nutrition and exercise, Alzheimer's and related dementias and care for caregivers, immunization and disease prevention, and humor: important for physical, mental and social health.

The forum is free. However, the noon meal is provided by the local Title III meal program provider, and a \$3.50 contribution from those age 60 and older is suggested. The meal cost is \$7 for others. Individuals should register by calling Mark at 1-888-227-7525, 701-227-7557 or [mjesser@nd.gov](mailto:mjesser@nd.gov), or Rene at 227-7582 or [rschmidt@nd.gov](mailto:rschmidt@nd.gov).

Forum sponsors include the committee and the N.D. Department of Human Services - Aging Services Division. Other forums are scheduled in Bismarck, Ellendale, Grand Forks, Lisbon, New Town, and Rugby. For details see [www.nd.gov/dhs/info/pubs/docs/aging/2009-gov-committee-on-aging-forums.pdf](http://www.nd.gov/dhs/info/pubs/docs/aging/2009-gov-committee-on-aging-forums.pdf)

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