

NEWS from the North Dakota Department of Human Services

600 East Boulevard Avenue, Bismarck ND 58505

FOR IMMEDIATE RELEASE

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Forum on Health and Wellness is April 9 in Valley City

BISMARCK, N.D. – The N.D. Governor’s Committee on Aging will sponsor a health and wellness forum on Tuesday, April 9, 2013, from 9 a.m. to 1:15 p.m. at the Valley City Senior Center, 139 Second Ave. S.E. The forum will feature state and local health experts with tips on healthy living, maintaining independence, proper nutrition, and identity theft prevention. The event is free and open to the public.

The event kicks-off with a presentation on proper nourishment of bones and joints by Ellen Bjelland, North Dakota State University Extension Agent from Barnes County. Later in the morning, attendees will learn about proper use of over-the-counter medications from Amy Noeske, a pharmacist from Mercy Hospital. The final morning session will focus on healthy meal planning and cooking for one led by Sharon Buhr, a dietician from Mercy Hospital, and Michon Kysilka, a dietetic student from the University of North Dakota.

The afternoon will feature a presentation on document security and retention and scam prevention. Secure shred bins will be available free of charge for anyone interested in properly disposing of any personal documents. Delores Rath, a member of the Governor’s Committee on Aging, will discuss the committee’s role and community supports and services that are available for independent living.

A senior meal will be served at noon. Reservations are required and can be made by calling 701-845-4300 by Monday, April 8. 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 vitality 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, N.D. Department of Human Services’ Aging Services Division, South Central Human Service Center, and the Valley City Senior Center.

For more information, call Carrie Thompson-Widmer at 701-253-6395, toll free 800-260-1310, ND Relay TTY 800-366-6888 or cathompson@nd.gov.

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