

NEWS from the North Dakota Department of Human Services

600 East Boulevard Avenue – Department 325, Bismarck ND 58505-0250

FOR IMMEDIATE RELEASE

Aug. 26, 2013

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Senior Health and Wellness Forum is Sept. 17 in Mohall

BISMARCK, N.D. – The Governor’s Committee on Aging is hosting an educational forum on health and wellness for older adults on Tues., Sept. 17, 2013, from 10 a.m. to 3 p.m. at the Mohall Senior Center, 104 First Ave. N.E. The forum is free and open to the public.

The first presenter, Merry Green from the Minot Commission on Aging Senior Nutrition Program, will demonstrate how to add flavor to food in a healthy way. Following lunch, representatives from the Aging Services Division of the N.D. Department of Human Services will discuss the benefits of receiving home-delivered meals or meals served in a group setting. A pharmacist from Trinity Health will close the event with a presentation on safe medication use and food and drug interactions.

“Independence is important to older adults,” said Jan Engan, director of the N.D. Department of Human Services’ Aging Services Division. “This event aims to provide seniors with interesting and beneficial information promoting good health, which is crucial for people to live independently in their own homes and communities.”

Lunch is available for \$8. A meal reservation is required by Mon., Sept. 9, and can be made by calling the Kenmare Wheels and Meals Program at 701-385-4364.

The Region II Council on Aging will also hold a meeting from 11 a.m. to noon during the event.

For more information on the event, contact MariDon Sorum at North Central Human Service Center at 701-857-8500, toll free 888-470-6968, ND Relay TTY 800-366-6888, or msorum@nd.gov.

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