

NEWS from the North Dakota Department of Human Services
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New Town to host a Governor's Committee on Aging Forum on April 21

BISMARCK, ND - The Governor's Committee on Aging is inviting residents of the New Town region to attend a public forum Tuesday, April 21, 2009, 10 a.m. – 2 p.m. at the Northern Lights Building, 710 East Ave., New Town. The forum is one of seven scheduled in communities across North Dakota this April featuring 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 this year will provide important information for seniors and others interested in leading healthy lives and maintaining independence as they age," said Amy Clark, Chairman of the Governor's Committee on Aging.

Tribal Chairman Marcus D. Levings and Governor's Committee on Aging member Frederick Baker will welcome participants to the forum. Lila Wells will lead a session about chair exercises, followed by Ken Hall who will share diabetes information and education, and Carol Enno who will talk about "Steps to a Healthier You." Other presentations include: "Healthy Lifestyle" by Darrian Morrissette, and "Protecting What is Yours" by Deb Kraft. Lunch will be provided.

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

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