



North Dakota Department of Health Offers Senior Fall Prevention Program

“Stepping On” Leader Training

Stepping On Leaders will tell you that they get a great deal of satisfaction from being able to help seniors feel safer in their homes and community by learning to prevent falls.

To learn more about becoming a *Stepping On* Leader, click on <https://www.ndhealth.gov/injury/SteppingOnLeaderTraining.htm>

Stepping On is an evidence based series of workshops that provide seniors with tools to improve their daily living skills, balance and strength as well as social time to discuss improvements to their environments

If you're interested in joining the network of North Dakota Stepping On Leaders, consider attending a Leader training.

Training Dates & Location:

March 22-24, 2016

Comfort Suites

929 Gateway Ave

Bismarck, ND 58503

(701) 223-4009

Master Trainers: Jane Strommen and Dena Kemmet

There is no cost for the three-day training. Reimbursement is available for mileage, lodging, and meals. Leaders are provided extensive support in delivering these highly effective workshops to groups of seniors who have fallen or have a fear of falling.

Support is available from the North Dakota Department of Health, the Wisconsin Institute on Healthy Aging, the Master Trainers or other Stepping On Leaders across the state of North Dakota.

Individuals interested in becoming leaders **must identify their sponsoring organization and submit a completed application to the ND Dept. of Health**. For more information about these leader trainings and to get an application call Mandy Slag at the ND Department of Health: 1-800-472-2286 (press 1) or 701-328-4537

A block of rooms has been reserved until **March 7, 2016**, under “Department of Health Stepping On Leadership Training” at the state rate, \$81.10 plus tax at the Comfort Inn, Bismarck. **Receipts are required for reimbursement.**