



NORTH DAKOTA
DEPARTMENT *of* HEALTH

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, visit www.ndhealth.gov/injury.trainings.htm.

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

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

Training Dates & Location:

March 3-5, 2014

Bismarck, ND

Comfort Suites

929 Gateway Ave.

Bismarck, ND 58501

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.

Ongoing support is available from the North Dakota Department of Health, the Wisconsin Institute on Healthy Aging, the master trainers or other community leaders across the state of North Dakota.

Individuals interested in becoming leaders must identify their sponsoring organization and submit a completed application to the Department of Health. For more information about this leader training and to get an application, call Diana Read at the North Dakota Department of Health: 1.800.472.2286 (press 1) or 701.328.4537. Space is limited, so please register by February 15, 2014.

A block of rooms has been reserved until February 16, 2014, under “ND State Health Block of Rooms” at the state rate, \$74.70 plus tax (receipts required), at the Comfort Suites – 929 Gateway Ave., Bismarck, ND – telephone numbers 701.223.4009.