



# Stepping On Leader Training

*Stepping On* leaders say they get a great deal of satisfaction from being able to help older adults feel safer in their homes and community by learning to prevent falls. To learn more about becoming a *Stepping On* Leader, visit <https://www.ag.ndsu.edu/aging/stepping-on-class-leader-opportunities>.

*Stepping On* is an evidence-based series of workshops that provide older adults 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:

**June 14-16, 2021**

Quality Inn

1030 E Interstate Ave

Bismarck, ND 58501

701.223.1911

Master Trainers: Shaundra Ziemann-Bolinske and Bill Vasicek

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 for adults 60 and older who have fallen or have a fear of falling.

Support is available from NDSU Extension, the Wisconsin Institute for Healthy Aging, the Master Trainers or other *Stepping On* Leaders across North Dakota.

Individuals interested in becoming leaders must identify their sponsoring organization and submit a completed application by May 21, 2021 to NDSU Extension. For more information about the leader training, call Jane Strommen, at 701.231.5948 or email [jane.strommen@ndsu.edu](mailto:jane.strommen@ndsu.edu). Space is limited to the first 10 registrants, so please register early.

A **block of rooms** has been **reserved at Comfort Inn (adjacent to the Quality Inn) until May 30, 2021**, under "NDSU Extension-Stepping On", 929 Gateway Ave., Bismarck, ND 58503 – phone number 701-223-4009.

*This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Aging, and granted through North Dakota Department of Human Services, Aging Services Division.*

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact Jane Strommen at 701.231.5948 by May 21, 2021 to make arrangements.