

REGISTER TODAY

North Dakota **POWERUP** Health Conference

This conference will inform people with disabilities, families, and providers about fun and exciting ways to enjoy good health throughout the life span.

Cooking Relationships
Fun Foods **Health Care**
Style & Power **Adaptive Sports**
Fitness & Strength **Art** **Mobility**
Gardening Managing Anxiety

Friday, September 21, 2018
9:00am – 4:30pm
Bismarck Event Center



Find more information online at
www.ndcpd.org/powerup.html
or call
Korie @ 800-233-1737