

SOUTHERN VALLEY AGING EXPO

Thursday, May 9th, 2024
11:00am — 3:00pm

Wahpeton Community Center
304 5th Street South
Wahpeton, ND 58075

11:00am — 12:30pm Visit Booths

Balance and Falls Screening by CHI St. Francis

12:00pm — 12:30pm Hot Lunch — Free Will Offering

12:30pm — 1:15pm Stroke Recognition & Prevention

Molly Murch, MSN, RN-BC, SCRN —Essentia Health

1:15pm — 1:30pm Fit & Strong

Ronda Gripenrog—NDSU Extension

1:30pm — 1:45pm Break / Door Prizes

1:45pm — 2:30pm Laughing Yoga

Jennifer Thul

2:30pm — 3:00pm Door Prizes & Visit Booths

Come visit with a variety of area Service Providers to learn more about the services available to you.

Please note: There will be a number of door prizes and other things to sign up for, so you may want to bring address labels.

Sponsored by: Doosan Bobcat, Econo Foods, Gate City Bank, Richland County Council on Aging, Thrifty White Pharmacy—Breckenridge, and Valley Senior Services.