

Surviving to Thriving: Care for

Yourself to Care for the Farm

Women in Ag Workshop

Monday, December 9th, 2019

Location: Agricultural Research Center

Hays, 1232 240th Ave

Registration at 5:30 pm

Program/Meal at 6 – 8:30 pm

RSVP by Dec 4th to the Ellis County
Conservation District at 785-628-3081

ext 3. A \$5 fee for the meal can be
made payable to the ECCD at 2715
Canterbury Dr or at the event. If you
do not RSVP, we cannot guarantee
you a meal.

Topics and Speaker

*Farm Crisis & Mental Health - Will
Stutterheim, FHSU Kelly Center

*Nurturing Your Mental Health-Kaley
Conner, High Plains Mental Health Center

*USDA and Extension Services-Greg Kerr, Dennis
Doring, Doug Bruggeman & Stacy Campbell

*Healthy Eating for the Busy Farm Family
- Berny Unruh

*Bullet Journaling: Organizing Your Brain-Meagan
Cramer, Marketing & Communications: Kansas
Farm Bureau

Sponsors

Ellis County Farm Bureau

Ellis County Conservation District

Farm Service Agency (FSA)

High Plains Mental Health

Cottonwood Extension District

Natural Resources Conservation Services (NRCS)



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Research and Extension



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