



2020

**Let Your Past Make
You Better,
NOT Bitter**

\$25 Registration

Lisa Dockter
**“Finding Serenity in
Stressful Times”**

Lunch Included

Agenda is subject to change

Find Us on Twitter and Facebook

Ag Women of the Heartland or

#AWOTH

**6th Annual Ag Women
of the Heartland
February 29th, 2020**

**Finney County 4-H Building
Finney County Fairgrounds**

- | | |
|--------------------|---|
| 8:30-9:00 | Registration |
| 9:00-9:30 | Introductions and
Meditation |
| 9:30-10:30 | “Finding Serenity in
Stressful Times”, Lisa
Dockter, Licensed
Clinical Professional
Counselor |
| 10:30-10:45 | BREAK |
| 10:45-11:45 | Lisa Dockter Continued |
| 11:45-12:00 | Q&A |
| 12:00-1:00 | LUNCH |
| 1:00-1:15 | Warm-up Activity |
| 1:15-2:00 | “Maintaining Your Role
on the Farm”, Karin
Rasmussen, AgrAbility |
| 2:00-3:00 | Journaling |
| 3:00-3:15 | BREAK |
| 3:15-4:30 | Taking Care of Your
Mind |



Contact us for more information:
Finney County Conservation District 620-275-0211 Ext 3
Finney County Extension Council 620-272-3670





Lisa Dockter
**“Finding Serenity in
Stressful Times”**

Registration is due by
February 25, 2020
ONLY \$25

**Don't miss out on the great
door prizes on Saturday!**

Kansas State University and Finney County Conservation District is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability, contact the Finney County Extension, 501 S 9th, Garden City, KS 67846, Phone 620-272-3670 or email fi@listserv.ksu.edu or Finney County Conservation District, 2106 E Spruce Street, Garden City, KS 67846, 620-275-0211 ext 3 or email carmen.rhodes@ks.nacdn.net. Kansas State University Agriculture Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

**6th Annual
Ag Women
of the Heartland**

February 29th, 2020

Garden City, KS

Registration \$25

Due by February 25th

Name

Address

City, State, Zip

E-Mail

Contact Phone #

Dietary Restrictions:

Please make checks payable to:

Finney County Extension

501 S 9th St., Garden City, KS 67846