AGENDA HIGHLIGHTS:

"HEALTHY FARMS" is the theme for the eighth annual Women in Agriculture Conference. Experience an engaging, interactive day full of inspiration, learning and networking with other women farmers. This is a one-day event held simultaneously at sites throughout Alaska, Hawaii, Idaho, Montana, Oregon and Washington.

The day begins with learning how to cultivate your personal resiliency to handle all the “ups and downs” as a woman farmer. It’s no secret that things can be tough for farmers, whether it is things we can control or issues we try to control when we can’t. The stress in farming has always existed, but the levels can soar during times of high costs and low returns. Positive psychology – using our personal strengths – to focus on intentional well-being and to thrive during every challenge and change is a skill you will practice and learn.

The day also includes a panel of local women farmers. They will talk about the different ways they balance their lives and how they celebrate the job of doing what they love the most!

Participants will have the opportunity to meet farmers from their area, compare jobs, ask and answer questions and build a community network. It will be a full day of laughing, learning and networking!

Whether you have been farming for several years, are a new or aspiring farmer or employed on a farm or ranch, our conference has something for you. Participants will have the opportunity to meet farmers from their area, compare jobs, ask and answer questions and build a community network. It will be a full day of laughing, learning and networking!

Check for conference updates at www.womeninaq.wsu.edu or email donna.rolen@wsu.edu or call (509) 745-8531.

Stay connected with social media!
www.facebook.com/WomenInAgricultureConferenceWashingtonState

Persons with a disability requiring special accommodation while participating in this conference may call WSU Extension at 509.745.8531. If accommodation is not requested by November 10, we cannot guarantee the availability of accommodation on site. Extension program are available to all without discrimination.