



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. If you are a supporting spouse, student, intern or own an agriculture-related business, make plans to attend this event. There is something for everyone. If you have a farming partner, spouse or friend, bring them with you. Men are welcome too!

Check for conference updates at www.womeninag.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.

DEADLINE FOR REGISTRATION – January 24, 2020

Mail completed form to: WSU Douglas County Extension
P.O. Box 550
Waterville, WA 98858-0550

Name: _____
Address: _____
City: _____ State: _____ Zip code: _____
Phone: _____
Email: _____

Early Bird (Dec. 10 – Jan. 17) Woman Involved in Agriculture: Farmer, producer, supporting spouse, aspiring farmer, related business	\$30	\$
General (Jan. 18 – Jan. 24) Woman Involved in Agriculture: Farmer, producer, supporting spouse, aspiring farmer or related business	\$35	\$
Purchase an extra ticket to ensure that an aspiring farmer will be able to attend the conference.	\$30	\$
Student: Ag student, farm intern, HS ag student, FFA, 4-H	\$20	\$
Total amount		\$

Make check/money order payable to: WSU Women in Agriculture ~ **NO CREDIT CARDS WITH HARD COPY REGISTRATION ~ NO refunds after January 18.**

Dietary Restrictions Please explain:

Event site you will be attending:

- | | | |
|-------------------------------------|--|--------------------------------------|
| WASHINGTON | IDAHO | MONTANA |
| <input type="checkbox"/> Bremerton | <input type="checkbox"/> Bonners Ferry | <input type="checkbox"/> Bozeman |
| <input type="checkbox"/> Colville | <input type="checkbox"/> Caldwell | <input type="checkbox"/> Great Falls |
| <input type="checkbox"/> Coupeville | <input type="checkbox"/> McCall | |
| <input type="checkbox"/> Everett | <input type="checkbox"/> Moscow | ALASKA |
| <input type="checkbox"/> Goldendale | <input type="checkbox"/> Sandpoint & | <input type="checkbox"/> Anchorage |
| <input type="checkbox"/> Grandview | <input type="checkbox"/> Twin Falls | <input type="checkbox"/> Fairbanks |
| <input type="checkbox"/> Nespalem | | <input type="checkbox"/> Homer |
| <input type="checkbox"/> Olympia | HAWAII | <input type="checkbox"/> Palmer |
| <input type="checkbox"/> Pasco | <input type="checkbox"/> Hilo | <input type="checkbox"/> Soldotna |
| • Pullman (See Moscow, ID) | • Coeur d’Alene (See Sandpoint) | |