



FARM, FAMILY, & ME

SUMMIT FOR WOMEN

September 3, 2020

9:00 am - 12:00 pm

Put On Your Oxygen Mask!

Monica McConkey

Eyes on the Horizon, Rural Mental Health Specialist

Women often put everyone else's needs before their own. Learn how to cope with farm stress through self care and techniques to strengthen mental well-being.



Keeping Your Financial Health in Check

Kelli Jo Buettner

FCS Financial, Credit Manager

Arm yourself with knowledge to combat financial stress. Learn to take charge of your financial picture, understand triggers that are important to financial health, and how to move the needle on those financial triggers.



Farm Women Panel

The panel will discuss how they balance their lives and work in agriculture.

Pre-registration is required. To register for the conference visit:

<https://extension2.missouri.edu/events/farm-family-me-summit-for-women-1596489812> or call Karisha Devlin at 660-397-2179.