**Heart Of The Farm**

**Friday, April 12th 2019**

9:00 a.m.—3:00 p.m.

Where: Greenfield Town Hall, N1800 Town Hall Rd La Crosse, WI

When: April 9th from 9:00 a.m.—3:00 p.m.

How Much: $20/person includes materials, lunch, & snacks

### Agenda:

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Registration and Refreshments</td>
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<tr>
<td>9:30 am</td>
<td>Introductions and Welcome</td>
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<tr>
<td>10:00 am</td>
<td>Don't you lose your marbles!</td>
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<tr>
<td>11:00 am</td>
<td>Balancing Act—Or Is it a Three Ring Circus</td>
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<tr>
<td>12:00 pm</td>
<td>LUNCH (provided)</td>
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<td>12:30 pm</td>
<td>Ask A Vet</td>
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<td>1:30 pm</td>
<td>Evaluating Potential Markets</td>
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<tr>
<td>2:15 pm</td>
<td>Cheese Tasting</td>
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<td>2:45 pm</td>
<td>Evaluation and Door Prizes</td>
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<tr>
<td>3:00 pm</td>
<td>Adjourn</td>
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### Topics & Presenters

**Don’t you lose your marbles!**
Heather Quackenboss You are the one keeping everything together, how do “YOU” keep it together? Learn how to infuse simple tools into your ordinary day to improve your own wellbeing as well as everyone’s around you.

**Balancing Act—Or is it a Three Ring Circus?**
Kaitlyn Lance, Ashley Olson, Jenny Vanderlin
Farm life is busy, especially when we add kids, off-farm work, community involvement, and more. In this interactive session, you will have an opportunity to share current timesaving tips you use at home or on the farm with other class participants.

**Ask a Veterinarian**
Have a list of cattle-specific health questions? This session will be a Q & A format, so come ready to ask your questions. Non-cattle questions must be asked in advance with registration.

**Evaluating Potential Markets**
Ashley Olson what marketing options are there and do I have what it takes to develop my own value added business/market?

### Goal:
The Heart of the Farm - Women in Agriculture addresses the needs of farm women by providing education on pertinent topics, connecting women with agricultural resources, and creating support networks.

### Mission:
**Farm Management and Production Education for Women**
Improving Farm Business Decision-Making

Please contact us for special assistance regarding our programs. Requests are confidential.

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 extension Farm and Risk Management (FARM) Team

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La Crosse and Vernon Counties

### Registration Form

**Registration with payment due by April 9th, 2019**

Registration Cost: $20.00 per person on or before April 9th, $30.00 per person after April 9th.

Send Registration form and check to:
La Crosse County—Extension Office
e/o HOF
212 6th Street North
La Crosse, WI 54601

Cancellations after the registration deadline will not be refunded without prior authorization. Call 608-785-9593 to cancel your registration.

In case of inclement weather: Call 608-785-9593 regarding the status of the conference.