

2 session FREE Program for Farm Women Inspired by:

# Annie's Project

## Wednesday December 9<sup>th</sup>, 6:30-8pm

Come and get "Inspired by Annie's" with Bonnie Collins and Laura Biasillo, NYS Annie's Project facilitators, as we unpack stress management specific to farm women. We'll cover:

- Financial Stressors;
- Emotional Stress; AND
- the Art of negotiation

## Tuesday December 15<sup>th</sup>, 6:30-8pm

Join Bonnie Collins & Laura Biasillo, NYS Annie's Project trainers, as we discuss health and safety concerns for farm women.

Our special guest will be Christina Day with Bassett Healthcare/NY Center for Agricultural Medicine & Health.

We'll be discussing:

- Tools and ergonomics for farm women
- Health issues for women; AND
- Safety surrounding women and teens on the farm

There is **NO cost** to join us for these sessions, but we require registration so we can understand who is joining us for these sessions.

We'll hear from engaging speakers, learn about tools, resources and best practices, we will then discuss how we each relate to these topics. Only farm women are welcome to attend so we can create an atmosphere of comfort in sharing everything we experience and encounter as farm women holding together the farm, family and life.

### **You MUST register in advance**

**December 9, 2020 <https://tinyurl.com/y6md2shg>**

**December 15, 2020 <https://tinyurl.com/yxhmloos>**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

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**Laura Biasillo, CCE Broome County 607-584-5007 LW257@cornell.edu**

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