

Ladies Who Ag Retreat

JAN 10 - 11
BEAR CREEK RESORT
THOMPSON FALLS

**GATHERING
GRIT FOR
THE NEW
YEAR!**

COWGIRL UP!

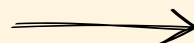
We have all been through tough times when we have had to cowgirl up, for the land, for the family, the livestock, the community. We dig deep and find that reserve tank of grit and we gitter dun because we have to.

But what happens when you just can't? When you are so physically, mentally and emotionally broken that there is no reserve. You really just cant.....

Come, let's talk about it. Sharing our burdens makes them lighter and us stronger. Give support and be supported. Find tools for health and wellness and look towards sustaining hope in the next season.

**COST: \$120 (INCLUDES ONE NIGHTS LODGING,
DINNER, BREAKFAST, SNACKS & ACTIVITY SUPPLIES)**

AGENDA ON BACK



SATURDAY, JANUARY 10TH

- 1:00 Arrival and Check-in
- 1:30 Ice Breaker - Wendy Carr, MSU Extension Sanders County and Emily Baker, Baker Land & Cattle Company
- 2:00 The Science of Stress and the Benefits of Positive Coping - Guest Speaker Michelle Grocke, Health and Wellness Specialist, MSU Extension
- 3:00 Movie - Growing Humanity: American Women Farmers and Ranchers Facilitated Conversations: Mental Wellness in Agriculture - Michelle Grocke and the Ladies Who Ag Crew
- 3:30 Making Your Own Tallow Skincare - Morgan Owens, Painted Peaks
- 4:00 Homestead
Free Time
- 5:00 Dinner
- 6:00 Fireside Grit: Stories of Strength and Sisterhood - Emily Baker and Wendy Carr
- 8:00

SUNDAY, JANUARY 11TH

- 8:30 Tea Blending for Your Health - Carissa McNamara, Montana Farmer's Union & Wildhorse Lavender
- 9:00 Breakfast
- 10:00 FarmHer Vision: Planting Seeds for the Future - Melinda Anakalea, Harlow Ranch Bison Company
- 11:00 Create Your Own Wellness Plan - Guest Speaker Michelle Grocke - Health and Wellness Specialist, MSU Extension
- 12:00 Lunch
- 1:00 Closing the Gate (for now)

Retreat Made possible through the Western Regional Agricultural Stress Assistance Partnership Grant & The Sanders County Ladies Who Ag Committee

**Click on the link below or scan the QR code to register.
Space will be limited so reserve your spot today!**

[Ladies Who Ag Retreat Registration](#)



For additional information contact Wendy Carr, MSU Extension
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Bear Creek Resort information: <https://bearcreekresort.lodgify.com>