



**MARCH 11, 2020**

## **WOMEN FOR THE LAND**

**Supporting ourselves and our families during stressful times**

Stress and depression are on the mind of agricultural communities, where economic, social, and environmental forces challenge the health and safety of farmers, agricultural workers, and their families. Please join us, along with Jami Dellifield, OSU Extension Educator, to discuss stress, mental health, and what we can do to support ourselves and our families.

**Please note the change in location!**



**Women for the Land: Lunch & Learn**

**SPEAKER:**

**Jami Dellifield,  
OSU Extension Educator, Family and Consumer Sciences**

**Lunch sponsored by Hardin SWCD**

**RSVP**

**by March 6<sup>th</sup>**

Hardin SWCD  
419-673-7238, ext 3

**LOCATION & TIME**

OSU Spark Lab  
1021 Lima St #103  
Kenton, OH 43326  
11:30 am – 2:30 pm