

# Women in Agriculture: Effective Communication Skills & Strategies to Reduce Stress on the Farm

April 4, 2022



5 in-person workshops  
Butler, Mechanicsburg, Mt. Joy,  
Reedsville & Towanda



Farm women are the backbone of the American farm, often working both on and off farm to help make ends meet.

The stressors that come with this responsibility are numerous! Adding to that can be family members/farm partners and industry professionals that are difficult to communicate with.

Participants will receive materials and skills to assist in communicating with the difficult personalities in their lives. Stress reducing methods will be also be provided to participants

**Speakers include: Cynthia Polich-  
PSU Extension, Patty Neiner-  
farmer & formerly with PAWAgn,  
Heather Weeks-AgChoice,  
Darlene Livingston-PFL**

## Register Here:

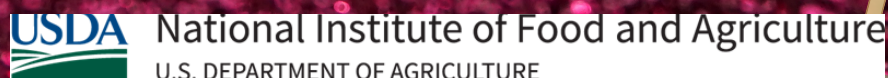
Butler-<https://www.eventbrite.com/e/women-in-ag-effective-communication-strategies-to-reduce-farm-stress-tickets-304156549427>

Mechanicsburg--<https://www.eventbrite.com/e/women-in-ag-effective-communication-strategies-to-reduce-farm-stress-tickets-304164974627>

Lancaster/Mt. Joy-<https://www.eventbrite.com/e/women-in-ag-effective-communication-strategies-to-reduce-farm-stress-tickets-304171052807->

Reedsville--<https://www.eventbrite.com/e/women-in-ag-effective-communication-strategies-to-reduce-farm-stress-tickets-304168384827>

Towanda-<https://www.eventbrite.com/e/women-in-ag-effective-communication-strategies-to-reduce-farm-stress-tickets-304118355187>



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