

The SIU Medicine Center for Rural Health and Social Service Development
Farm Family Resource Initiative presents

WOMEN IN AGRICULTURE SERIES



As women in agriculture, we are faced with a multitude of challenges. This webinar series focuses on strategies to confront these challenges head on through improving our sense of wellbeing, both as individuals and in our relationships. All women who work in agriculture are invited to attend. Come prepared to learn more about yourself and how you can move forward with renewed resilience!



PRESENTER:
Monica Kramer McConkey, LPC
Rural Mental Health Specialist
Eyes on the Horizon Consulting

12 - 1 pm | Virtual (Zoom)

Thursday, March 9
Learning to
Love Ourselves

Thursday, March 23
Building and Maintaining
Healthy Relationships
in Times of Stress

Thursday, March 30
Bend Don't Break:
Becoming Resilient

TO REGISTER:
Visit siumed.edu/cpd
(Under 'Learners', click 'Conferences')
or call **618.713.0759**.



TO JOIN SCAN QR CODE:
Meeting ID: 973 191 6324
Passcode: 032023



SIU MEDICINE
CENTER FOR RURAL HEALTH &
SOCIAL SERVICE DEVELOPMENT

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