

News Release for Immediate Use or Next Issue
Kelsey Hatesohl, Horticulture Agent
K-State Research & Extension
River Valley District
January 10, 2024

Women in Action Series to be Held in Washington

Many of you may have heard about or even attended the Women in Ag series the district has held for many years, but like any long-standing program it needs a refresh. We're excited to bring this newly designed series to you with an expanded focus. Our goal was to create a program that is relevant to ALL women, not just those involved in agriculture, so we can have a larger impact within our district.

We're excited to present, WOMEN IN ACTION. Each evening a different interactive and hands-on topic will be presented. Even if you have taken the Women in Ag series before, come and join us because it's all different.

Sessions will be held on Thursdays, beginning February 1st from 5:00-8:30 pm at the KSDS East Building Meeting Room, 124 W 7th St Washington, Ks 66968. A delicious dinner will be provided at the beginning of each session from 5:00-5:30 pm, with the educational content beginning at 5:30 pm. Topics include:

- **Session 1- February 1st: Preserving Your Future-** Finding time for yourself and ways to de-stress
- **Session 2- February 8th: Securing Your Future-** How marketing and your grocery bill are related
- **Session 3- February 15th: Feeding Your Future-** Nutrition Night, Understanding the beef cattle industry
- **Session 4- February 22nd: Investing Your Future-** Investing & Succession Planning

Registration for the series is open NOW and will close on January 25th (or when we reach our capacity of 25 participants – so don't delay). Registration cost is \$50/participant due before the series. Please contact the River Valley Extension District, Washington office for more information and to register. The Washington office can be reached at 785-325-2121. We are so grateful to the sponsors who helped make this series possible and the organizing committee for their tireless efforts. Programs like these wouldn't be possible without their continued support.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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