

The Central New York
Peer Group of the
Dairy Girl
Network Presents

Stressed?!? What to do about it

Erica Leubner from New
York FarmNet will lead a
discussion about
strategies for building
resiliency and managing
stress.

May 11, 2018

11 a.m. - 2 p.m.

NYS Fairground
Art & Home Center
Wegmans' Kitchen

Cost: \$10

For more information or to RSVP, contact Melanie Palmer
(315)424-9485 or mjp232@cornell.edu or Sarah Ficken
(315)684-3001 or sjs299@cornell.edu



Cornell University
Cooperative Extension
Madison County

Cornell Cooperative Extension
South Central NY Dairy and Field Crops Program

This peer group is focused on building camaraderie with other dairy women, sharing ideas and experiences, and encouraging one another. We will have guest speakers covering a variety of topics with time for discussion and sharing. All women in any walk of dairy are welcome to join us.