

Saturday Evening

As an optional activity for *Straight from the Heart* attendees, we have discounted tickets to “Bet the Farm”. Don’t miss this wonderful opportunity to enjoy live theater...



Hold on to your seat and get ready to laugh! “Bet The Farm” starts with a rip-roarin’ musical number and keeps right on rolling, jam-packed with live bluegrass music, new acts with acclaimed Ventriloquist Ken Groves, Jonas Beachy’s newly formed Boy Band, special acts resembling America’s favorite reality shows, knee-slappin’ audience story time, a Quilt Quandary with Fannie, and a surprise from Lynyrd that will keep you laughing for the rest of 2018. The comedy continues with new parodies from the Jonas Brothers & Fannie, hilarious audience interactive improv, and chase it all down with an unforgettable finale from ventriloquist Ken Groves!

Special Guests

Karre Wendling, Chrysalis Counseling Center, Inc.



Karre Wendling is a partner in the practice and a clinical member of AAMFT (American Association of Marriage and Family Therapy). She is a Licensed Professional Clinical Counselor Supervising Counselor. Karre has over 25 years experience as a mental health professional working with

individuals, couples and families and has published as well as presented in the field of marriage and family therapy.

Karre will be our Keynote Speaker, presenting “Learn to Manage Stress So It Doesn’t Manage You”. She will teach a variety of stress management techniques and you will leave with a plan of action that promotes wellness and builds stress management tools into their every day life routine.

Lynda Park & Janet Yoder

Lynda and Janet will kickoff our day by sharing information and inspiration from their Garden of Hope project. The Garden of Hope is a heartwarming story of hope and inspiration — how a small group of children fed a community.



THIS EVENT WOULD NOT HAVE BEEN POSSIBLE WITHOUT SPONSORSHIP AND DONATIONS FROM:

Carroll County Farm Bureau
Harrison County Farm Bureau
Jefferson County Farm Bureau
Tuscarawas County Farm Bureau
Kim Davis Nationwide Agency
Milleson Nationwide Agency

~Other Area Hotels~

Comfort Inn 2024 Ohio SR 39 Dover, Ohio (330) 364-8881	Country Inn and Suites 1120 Gateway Place Dover, Ohio (330) 365-9388
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FOR MORE INFORMATION CONTACT ONE OF THESE FARM BUREAU OFFICES:

Carroll County Farm Bureau
888.265.2090 ~ carroll@ofbf.org
Harrison County Farm Bureau
844.942.3276 ~ harrison@ofbf.org
Jefferson County Farm Bureau
740.266.6603 ~ jefferson@ofbf.org
Tuscarawas County Farm Bureau
330.339.7211 ~ tuscarawas@ofbf.org

FARM BUREAU PRESENTS



Straight from the Heart

A Women’s Wellness Event

Saturday, October 20, 2018

Registration Begins at 8:30am

Union Hill Methodist Church
7877 Union Hill Road NW
Sugarcreek, Ohio

Join us for an informative day
of fun, learning and fellowship
in the heart of Amish Country.
Experts will share information
on a variety of topics that
matter most to women.

Registration

Name: _____

Street Address: _____

City/State/Zip Code: _____

County: _____

E-Mail: _____

Fees: \$25.00 (Farm Bureau Member) _____

\$30.00 (Non-Member) _____

Bet the Farm (\$23.00) _____

T-Shirt (\$10.00) Size: _____

Total Due with Registration _____

Registration due by October 1st!

Session Choices:

You will be scheduled for 4 sessions. Please choose your preferred session by **numbering 1-8 the sessions you would prefer. Sessions are first come-first served basis**, but we will do our best to place you in 4 of the 8 sessions you choose. **Participants who do not fill out 8 choices may be placed in alternative sessions as scheduling requires.**

- Estate Planning
- Getting Acquainted with Maple Syrup
- Self Defense 101
- Massage for Health
- In an Instant (Pot)
- Basic Yoga
- Knife Skills and Kitchen Tips
- Growing and Using Microgreens
- Unlocking Your Smartphone
- Essential Oils for Dummies
- Crafty Card Making
- Fall Mushrooms
- Passionate About Pinterest
- Fudge, Fudge, Fudge!
- Get Creative with Cupcakes

Please mail your registration with payment to:

**Jefferson County Farm Bureau
587 Bantam Ridge Road, Ste B
Wintersville, OH 43953**

Checks should be made payable to "Farm Bureau"

Sessions Available

1. **How to Have A Conversation About Estate Planning**
Kelly Moore, Wright and Moore Law Co. LPA
An open and honest conversation about estate planning—what do you need, why do you need it and how to go about it.
2. **Getting Acquainted with Maple Syrup**
Eddie Lou Meimer, Pleiades Farms
Eddie Lou will be sharing how their farm produces maple syrup and it's many uses including making maple candy.
3. **Self Defense 101: Engaging Mind, Self-Defense Tools and Techniques**
Alisha Sheaffer
We will look at the Four A's of Self-Defense: Awareness, Attitude, Avoid, and Attack. Self-defense products will be available to try & as time permits we'll see simple escape techniques and strikes.
4. **Massage for Health**
Brandi Deardorff, Unwind Therapeutic Massage
We will describe what massage is and how adding it to your routine can improve your health and well-being.
5. **In an Instant (Pot): Cooking with Electric Multi-Cookers**
Kate Shumaker, OSU Extension
Electric multi-cookers, like the Instant Pot, have become popular and convenient kitchen appliances. Discover multi-cooker do's and don'ts and learn about the variety of uses for your new time-saving friend in the kitchen. Samples provided.
6. **Basic Yoga**
Kimmy Civiello
Practice & discuss the benefits of yoga for stress and anxiety relief as well as back strengthening.
7. **Knife Skills and Kitchen Tips**
Gene Evans, WV Northern Community College
This session will demonstrate proper knife usage, the types of knives necessary for any kitchen as well as other handy tips to help maximize your time in the kitchen.
8. **Growing and Using Microgreens**
Megan Brannon, Olde Tyme Farms
Attendees of this session will learn how to plant, grow, harvest and use microgreens in a variety of dishes.
9. **Unlocking Your Smart Phone**
Emily Harsh, Girls Who Code 4-H Club of Carroll Co.
This session will cover some of the basics of smart phone usage for those who just got rid of their beloved flip phones, as well as some tips even expert users will find helpful, such as securing your data and keeping your family safe. We will review how to use some popular apps and have time for questions.
10. **Essential Oils for Dummies**
Becky Hart, Young Living Essential Oils
How using essential oils inspires a positive emotional state, enhances physical wellness, purifies the home and refines your beauty routine.
11. **Crafty Card Making**
Pam Mizer, Handcrafted by Pam
Beautifully handmade gifts and cards are always treasured! Pam will demonstrate the art of making handmade greeting cards. Participants will make and take a completed card home!
12. **Fall Mushrooms**
Erika Lyon, OSU Extension
Discover the secrets of mushroom foraging by learning more about the different fall mushroom varieties, safety and mushroom preservation.
13. **Passionate About Pinterest**
Amanda Domsitz, Dom's Midwest Designs
How to navigate Pinterest (categorizing and saving) and how to put your product out there and use Pinterest as a business booster.
14. **Fudge, Fudge, Fudge!**
Michele Specht, OD, Ohio Farm Bureau
Michele will cover introductory fudge making for all occasion gifting and eating. Recipes and samples will be provided.
15. **Get Creative with Cupcakes!**
Presenter to be confirmed
Get creative with cupcakes for all occasions.

Make your reservations today!

Wallhouse Hotel, Walnut Creek
800.824.2013
rooms available Friday &/or Saturday Night

We've reserved a block of rooms just for our ladies! Stay Saturday night! Rooms will be held for our group until September 20th.

Bring some friends and share a room!

Call today to make your reservations!

Agenda

8:30am	Registration & Continental Breakfast
9:30am	Kick Off Speaker Lynda Park & Janet Yoder
10:00am	Session 1
11:15am	Session 2
12:30pm	Lunch & Keynote Speaker Karre Wendling 2:00pm
3:15pm	Session 3
4:30pm	Session 4
5:00pm	Door Prize Drawings
7:00pm	Dinner & KitchenAid Drawing "Bet the Farm!" (doors open at 6:30pm)