



Click [here](#) to register online!

Draft 2022 Women's Conference Agenda

FRIDAY (Feb. 4, 2022)

4:00-5:30 pm: Check-in

5-6pm: Cocktail hour - Get To Know You Activities - **CASH BAR!**

6-7pm: DINNER

6:30pm: Keynote Speaker- Becca Skinner

7:30pm: Enjoy the Hot Springs!!! (End of Night)

SATURDAY (Feb. 5, 2022)

7:30 am-8:30 am: BREAKFAST

8:30-11:45am: Morning Agenda

- 8:30-9:15 Keynote Speaker -- Amanda Nigg
- 9:20-10:00 2 Breakouts
 1. "Tea and Tea Blends" with Mariah Gladstone
 2. "Increase your sales with a social media plan" with Aly Robins
- **10-10:15 BREAK**
- 10:15-11:00 - 2 Breakouts
 1. "Women as Agents of Change: Identifying Signs and Symptoms of Mental Distress, Learning and Sharing Stress Management Tools, and Connecting with Resources" with Dr. Alison Brennan and Dr. Michelle Grocke-Dewey of MSU Extension
 2. "Visual Legacy - What are you Leaving Behind" with Tammy Copenhaver
- 11:05 - 11:50 a.m. - Rural Entrepreneurship Panel

- **12-12:45p.m: LUNCH**

1-5:30 pm: Afternoon Agenda

- 1:00 pm GROUP PHOTO!
- 1:00 - 2:45 pm - Large group networking activity
- 2:50 - 3:35 pm - Women in Agriculture Panel
- **3:35 - 4:00 pm - BREAK**
- 4:00 - 4:45 pm - 2 Breakouts
 - "What is the rural 'Brain Gain'? Who is coming, why, and how do we make the most of our new neighbors?" with Tara Mastel of MSU Extension
 - "Care Farm" with Pam Gerwe
- 4:45 - 5:30 pm - 1 Breakout

- A breakout session with Amanda Nigg (Farm Fit Momma) of Farm Fit Training
- 5:30-6 pm: Cocktail hour - **CASH BAR!**
- 6 pm: DINNER**
- 6:30-7:15pm: Keynote Speaker - Amber Smith
- 7:30 - Enjoy the Hot Springs!!! (End of Night)

SUNDAY (Feb. 6, 2022)

- 7:30-9:30am: Grab and Go and Goodbye Breakfast!
- Morning closeout!

Call Rachel or Violet at the MFU office at 406-452-6406 with any questions about the event or registering.