

Monday, April 3rd & Monday, May 1st from 1:00 – 3:00 pm

Come and go coffee/tea time



## **Visit**

Cultivating connections is important. Come and meet fellow women in your community who can relate to life on the farm. **Children are welcome!** 



## Recharge

Women are the pillar of the farm family. Take a moment for yourself and enjoy a break from the busy farm routine.



## Learn

It can be difficult to manage life on the farm. Add some tools to your 'wellness toolbox' that will help support you and your family.

Snacks, Coffee, Tea, and Prizes!







