

Ashtabula County Women in Agriculture:

Mindfulness

Dealing with Stress

Saturday, December 16, 2017

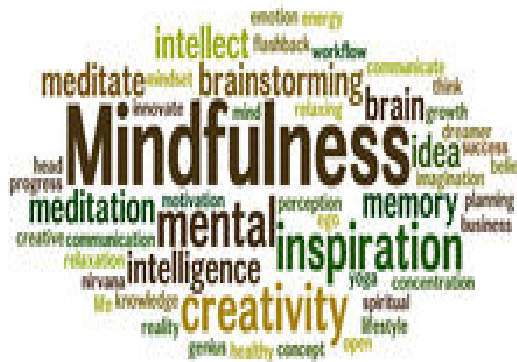
9:30 a.m. to 12:30

OSU Extension Office

39 Wall Street

Jefferson, Ohio 44047

Registration Fee \$15



The Agricultural industry is stressful enough but holidays add even more. Join Marie Economos, Family and Consumer Sciences Extension Educator as she teaches about Mindfulness. Stop stressing and start living. Emily Compan with Young Essentials Oils will also discuss the many natural uses and benefits of using essential oils. Everybody will make a whipped gingerbread sugar scrub to take home and enjoy. We will end the session by having a chance to relax and share a few laughs during lunch at noon.



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Mark your calendars for future dates also:

January 13, 2018 Small Engines and Parts

February 17, March 17

Questions? Contact Abbey Averill at 440-576-9008 or averill.10@osu.edu

Pre-registration required. Please complete and return with payment to Ashtabula County - OSU Extension, 39 Wall Street, Jefferson, Ohio 44047, **no later than Wednesday, December 13, 2017.** Cost for the program \$15 per person. (Make checks payable to: OSU Extension)

Name: _____ Phone: _____

Email address: _____