

REGISTRATION IS LIMITED TO THE FIRST 10 COUPLES

Names (Include both names) _____
Address _____
City, State, Zip _____
Email _____ Phone _____

Farm Operation Type (Please circle all that apply):
Dairy Crop Beef Swine Other: _____

There is a \$50/couple deposit required to reserve your spot, refundable on the 2nd day of the

Photos and/or video taken at this event may be used by Iowa State University Extension and Outreach for promotional, commercial, educational and research purposes. If you prefer not to be photographed, please talk with the photographer or videographer.

There is no cost to attend—the cost for refreshments, meals, lodging, instruction and materials are being covered by local sponsorships. However there is a \$50 fee to hold your spot that will be refunded at the completion of the getaway. Please register early and be one of the couples to enjoy this weekend getaway.

We will attend the following Farm Couple Get-A-Way:
_____ February 16-17, 2024, Hotel Winneshiek, Decorah, IA

THIS PROGRAM IS MADE
POSSIBLE BY THESE GENEROUS
SPONSORS



Winneshiek County Extension

Iowa State University Extension
and Outreach Dairy Team



JOIN US

www.extension.iastate.edu/dairyteam

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to the Diversity Advisor, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, extdiversity@iastate.edu. All other inquiries may be directed to 800-262-3804.

FARM COUPLE GET-A-WAY

February 16-17, 2024

Hotel Winneshiek, Decorah



*If you have a farm operation in transition;
want to better manage the stresses of
farming and family relationships; or just feel
the need to “get-away” with your spouse
and talk about your farm and family issues,
then this retreat-style getaway is for you.*

IOWA STATE UNIVERSITY
Extension and Outreach

This experience is designed to help farm couples:

- Deal more effectively with stress
- Learn creative communication skills
- Learn about personality differences
- Communicate more effectively with your spouse and children
- Learn about helpful resources in your community and ISU Extension and Outreach
- Make basic decisions and plans for your farm and family's future
- Enjoy a much-needed mini-vacation from the farm and farm work

Questions?

Jennifer Bentley
563-382-2949

Larry Tranel
563-590-7025

jbentley@iastate.edu tranel@iastate.edu

Getaway Details

Check-in Time: 12:30 p.m. Day 1

Ending Time: 3:00 p.m. Day 2

There is a \$50/couple deposit required to reserve your spot; refundable on the second day of the getaway.

What farm couples have appreciated about past retreats:

“Interaction with other farm couples”

“The understanding of personality differences”

“New perspective on old issues”

“A time for us to reflect and plan”

“Time away from the farm and farm work”

“Realized that we weren’t the only ones with these issues”

“Excellent leadership skills and insights into improving my farm operation”

“The time went by quickly - an enjoyable weekend”

Mail Registrations to:
Winneshiek County
Extension Office
2316 Sweet Parkway Road
Decorah, IA 52101

This “Getaway” will be open to the first 10 farm couples from Iowa that sign up to attend. A *confirmation letter will be sent to each couple.*

#STRONGIOWA



IOWA STATE UNIVERSITY
Extension and Outreach