

**REGISTRATION IS LIMITED TO THE FIRST 10 COUPLES**

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 2024, Hotel Winneshiek, Decorah, IA

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.

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[www.extension.iastate.edu/dairyteam](http://www.extension.iastate.edu/dairyteam)

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**FARM COUPLE GET-A-WAYS**

**Upcoming February 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](mailto:jbentley@iastate.edu) [tranel@iastate.edu](mailto: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 for:**  
**February 2024**

**to:**  
**TBD**

Each “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**



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