REGISTRATION IS LIMITED TO THE FIRST 8 COUPLES PER SITE

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 “getaway” with your spouse and talk about your farm and family issues, then this retreat-style getaway is for you.

There is no cost to attend—the cost for refreshments, meals, lodging, instruction and materials are being covered by local sponsorships.

Please register early and be one of the couples to enjoy this weekend getaway.

There is a $50/Couple deposit required to reserve your spot; refundable on the 2nd day of the getaway.

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JOIN US
WWW.EXTENSION.IASTATE.EDU/DUBUQUE

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, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu. ADV.17.04 August 2017
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

Getaway Details

Check-in Time: 12:30PM Day 1
Ending Time: 3:00PM Day 2

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:

February 15-16, 2019-Decorah, IA
Winnebago County Extension
Attn: Farm Couple Getaway
325B Washington St
Decorah, IA 52101
(563) 382-2949
www.extension.iastate.edu/winneshiek

March 22-23, 2019-Dubuque, IA
Dubuque County Extension
Attn: Farm Couple Getaway
14858 W. Ridge Ln, Ste. 2
Dubuque, IA 52003
(563) 583-6496
www.extension.iastate.edu/dubuque

Each “getaway” will be open to the first 8 farm couples from NE Iowa that sign up to attend. A confirmation letter will be sent to each couple.

Questions? Contact:
Larry Tranel
tranel@iastate.edu or 563-583-6496

Jenn Bentley
jbentley@iastate.edu or 563-382-2949

#STRONGIOWA