



Mindfulness & Self Care for Farmers

Presented by:

Kara Dodson, Full Moon Farm, Triplett, North Carolina

Welcome! Be sure to connect to audio using your computer or phone so you can hear the presenters.

Technical Logistics

ZOOM Webinar

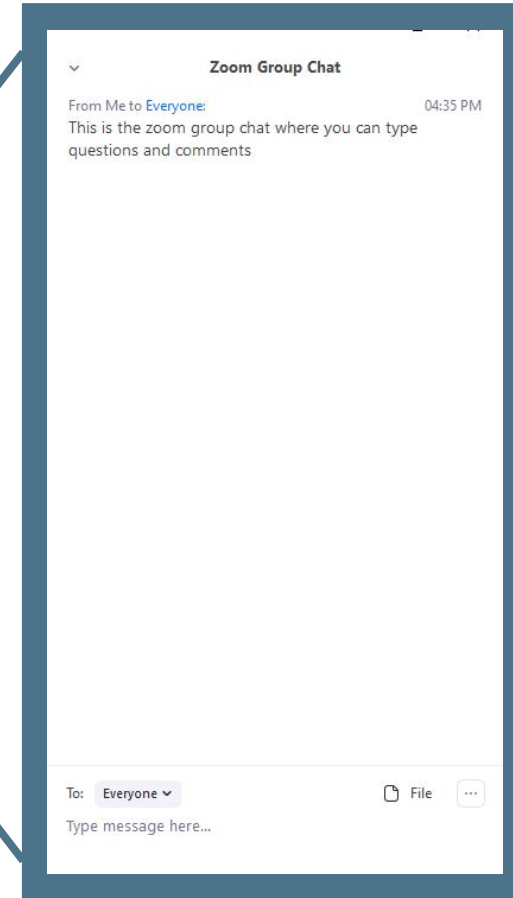
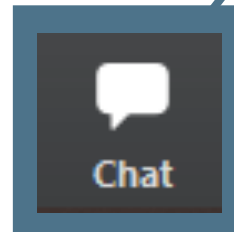
Participants are muted and participant video is off.

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Quick Chat Hello

Please share where you are tuning in from and a word or phrase sharing what you hope to learn today





This webinar will be recorded and posted to the extension listserv and to the Beginning Farmer and AgrAbility websites:

<https://www.vabeginningfarmer.org/>

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Brief Self Care List

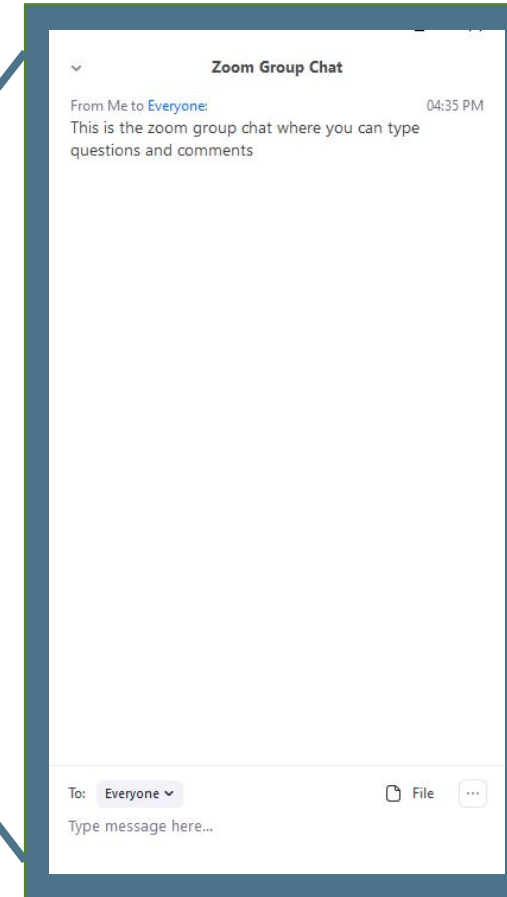
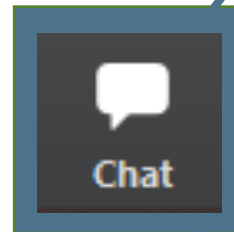
- **Massage**
 - ▷ Deep Tissue
 - ▷ Craniosacral Therapy
 - ▷ Reiki and Energy Healing
 - ▷ Thai Massage
- **Chiropractic**
- **Acupuncture / Traditional Chinese Medicine**
- **Physical Therapy**
- **Mental Health Therapy**
- **Yoga / Meditation**
- **Art**
- **Reading**
- **Cooking**
- **Fishing**
- **Taking a Bath**
- **Dancing**
- **Music**

Q & A Session

Directions

Please type your question in the chat feature →

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Thank you for joining us!

**Please take a moment to evaluate this webinar
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