

Thursday-

Pre-Conference Session

2:00PM- Finding Hope: The Intersection of Your Mental Health and the Land You Love.

Kalia Anderson

Have you or someone you know ever attended a therapy session, only to feel unseen when describing your life on a farm or ranch? Perhaps you understand the stresses facing agricultural producers and are seeking ways to manage them. Through true stories and practical concepts, Kaila Anderson shares her unique approach to training behavioral health professionals and peer support groups, connecting producers' mental health to their deep connection to their land. This session may change the way you think about and engage the mental health system.

5:30- Welcome reception- Our friends at Farm Bureau Financial will be bring us information on financial wellness. Farm Bureau understands that a part of mental health is financial peace and that is definitely a state of mind!

Sweet Flower Home presents - Enjoy learning how to entertain guests with simple but elegant charcutier cups, Carrie Mayfield of Sweet Flower home will give us a tutorial on how to assemble these cups for everyone to enjoy.

Friday-

8:15- Morning Welcome- Shawn Wood AZFB Women's Leadership State Chair

8:30- Greetings from Corteva Agriscience - Kristen Nelson

8:45- Greetings from our friends at Ronald McDonald House- Jami Carlson

9:00- Keynote- Lesley Kelly- High heels in Canola Fields-

Breaking Barriers in Agriculture: Can you imagine having one conversation that can save a life?

After sharing a live video of Lesley and her husband's mental health stories that created a conversation within and outside agriculture and around the world, Lesley shares what sparked them to create the video and then co-found the Do More Agriculture Foundation. Lesley will also share their road together on mental wellness, how it's helped them, their team and farm, and the power behind how one conversation can break barriers, change a culture and help save a life.

10:00- Break

Arizona Farm Bureau Summer Leadership Conference

July 14-15, 2022

Wigwam Resort

10:15- Arizona Agriculture Highlight-

Join us as we explore Arizona Agriculture's unique crops and products. Through the Day we will here from three different producers about what they do on their farm or ranch.

10:35- Greetings from our Friends at Bayer Marana Greenhouse

10:45- Tailgate Talk- Shawn Wood- AZFB WL Chair

In honor of the 25th anniversary of WIA Conference, please join us around the tailgate as we visit with 4 generations of AZ aggies! Gain perspective from different generations about experiences on the farms, ranches and family. How do we celebrate successes, work through the tough times and what's the silver advice.

12:00-Networking Lunch

1:15- Arizona Agriculture Highlight

1:45- Exploring the Physical & Mental Health Connection"

Lauren Kemmer, RDN- Manager of Sustainable Nutrition at the Dairy Council® of Arizona

Mental health is significant to overall well-being...but what about other aspects like physical wellness? This 45-minute interactive presentation will offer many affordable and easy-to-implement ideas to attendees to help improve their physical wellness through healthful nutrition and at-home exercise habits.

Attendees will also have an opportunity to complete an activity that takes an even deeper dive into all dimensions of their personal wellness and evaluate potential areas to achieve new wellness goals.

2:30- Break

2:50- Arizona Agricultural Highlight

3:10 - Resource Highlight- Want to know more about the resources available for you or anyone you know that might be struggling or just want information? Here is where to go!

3:30 – Closing Remarks- Arizona Farm Bureau President Stefanie Smallhouse

4:00- Adjourn