

2019 RURAL WOMEN'S CONFERENCE

BLAZERS AND BLUE JEANS



FRIDAY, MARCH 22

- 5:00 - 6:00 p.m. **Registration**
Wienbergen Gym
- 6:00 - 7:00 p.m. **Opening Remarks**
Wienbergen Gym
Refreshments served - Nacho Bar
- 7:15 - 9:00 p.m. **KEYNOTE: The Rural Sisterhood** - Elizabeth Shipstead
Wienbergen Gym

SATURDAY, MARCH 23

- 7:30 - 8:00 a.m. **Registration**
Klinefelter Hall, Beck Auditorium
- 8:00 - 8:30 a.m. **Opening Remarks**
Klinefelter Hall, Beck Auditorium

	Klinefelter Hall Room 220	Klinefelter Hall Room 216	Klinefelter Hall Room 218	Klinefelter Hall Room 219	Wienbergen Gym
8:40 - 9:25 a.m.	Dreaming of a Business <i>Darrell Neubert</i>	How to Buy Life Insurance & Farm Insurance <i>Clare Messmer</i>	Tool Time <i>Amanda Mickey</i>	Cottage Food & Creative Farm Income <i>Julie Garden-Robinson</i>	Vendor Show
9:35 - 10:20 a.m.	Cyber Security <i>Lori Hauf</i>	Investing in your Retirement <i>Joe Hanstad</i>	Couch to 5K <i>Michelle Orton</i>	Freezer Meals <i>Holly Johnson</i>	
10:30 - 11:15 a.m.	Resume, Cover Letter & Interview <i>Brittany Hirth</i>	Succession and Estate Planning <i>Jordan Selinger</i>	Healthy Eating for Women <i>Ann Wittkopp</i>	Instant Pot <i>Kaitlin Dukart</i>	
11:15 a.m. - 12:20 p.m.	Lunch Wienbergen Gym				
12:30 - 1:15 p.m.	KEYNOTE: Stop the Bleed - Dr. Mary Aaland Klinefelter Hall, Beck Auditorium				
1:25 - 2:10 p.m.	Effectively Communicate with Community Leaders <i>Sarah Trustem and Nikki Wolla</i>	Top 10 Pharmacy Questions <i>Dawn Pruitt</i>	My Heritage <i>Virginia Bjorness</i>	Organizing Our Lives <i>Elizabeth Shipstead</i>	
2:20 - 3:05 p.m.	Steps to an Elected Office <i>Sarah Trustem</i>	Hospice: Its Value & Purpose <i>Wendy Baumgarten, LSW</i>	Simple Social Media <i>Marie Moe</i>	Home Canning <i>Marcia Hellandsaas</i>	
3:15 - 4:45 p.m.	Closing Remarks - Jessie Veeder Klinefelter Hall, Beck Auditorium				