

Friday, April 21

- 3:30 p.m. Babysitting opens
- 4 p.m. Registration opens
Silent auction
Benefiting the Ronald McDonald House
Community service
- 6 p.m. Dinner
Speaker: OFKB Executive Director
Thad Doye
OKFB District Five Director
Mike Clark
- Networking
- 9 p.m. Babysitting closes

Saturday, April 22

- 7 a.m. **Sunrise yoga**
Betsy Groves
Enjoy a low impact stretch session before breakfast. Learn stretches that can be replicated on your own at home. Session will be outdoors and a mat is recommended but optional.
- 7:30 a.m. Registration opens
- 8 a.m. Breakfast
- 8:30 a.m. Babysitting opens
- 9 a.m. Breakout sessions
- Ag escape room**
Brittany Hukill
Search for clues in the room, then solve agriculture-related problems and puzzles as a group to beat the clock and escape the room.
- Wills and trusts**
Shannon Ferrell
Oklahoma State University agricultural economics professor will discuss the differences in wills and trusts and when each are applicable to estate planning.
- Dam safety**
Lily Sawatzky
With 2,107 flood control dams in Oklahoma, 93% of Oklahomans live within 20 miles of one of these structures. Join in to hear all about the safety of dams.
- OKFB WLC Advocacy Program**
Mignon Bolay
Join the OKFB WLC Chair to learn how changes in the advocacy program can make an impact in your county.
- 10 a.m. Breakout sessions
- Weeds or wildflowers**
Brian Pugh
Join the OSU Extension Northeast Area Agronomist to learn about a variety of topics.

Making life accessible to all Oklahomans of all ages and abilities

Oklahoma ABLE Tech
Learn about the devices and services available to assist Oklahomans with disabling conditions. Join in to get the information to help friends and neighbors gain or maintain their independence.

Agriculture health and wellness

Jessica Johnson
This session will discuss ways to foster and encourage wellbeing. This includes recognizing signs and symptoms of mental illness, approaching someone you are concerned about, examining strategies to promote wellbeing and discussing available resources.

Ag escape room

Brittany Hukill

- 11:30 a.m. Lunch
Speaker: Lt. Gov. Chief of Staff
Kirby Smith
OKFB President
Rodd Moesel
Silent Auction closes

- 1 p.m. Breakout sessions

Beefing up your knowledge

Sheri Glazier
Oklahoma Beef Council Nutrition Consultant and registered dietitian will cover beef nutrition, share delicious recipes and discuss hot beef topics.

Bringing out the leader in you

Katie Wilkinson
This session will focus on applying your own unique skills through leadership roles in your community and various organizations and equip attendees with knowledge to feel comfortable stepping into those roles when the opportunity arises.

Agriculture health and wellness

Jessica Johnson

Ag escape room

Karen Dodson

- 2 p.m. Breakout sessions

Chair Yoga

Betsy Groves
Join in for a session of yoga geared for low to moderately active individuals that can be replicated on your own at home.

Women in leadership

Katie Wilkinson

Ag escape room

Karen Dodson

OKFB WLC Advocacy Program

Mignon Bolay

- 3 p.m. Closing session



2023 Oklahoma Farm Bureau Women's Leadership Committee Conference

April 21-22 | POSTOAK Lodge, Tulsa

Join fellow Oklahoma Farm Bureau women during the 2023 OKFB Women's Leadership Committee Conference April 21-22 at POSTOAK Lodge in Tulsa.

Featuring breakout sessions, keynote speakers, community service projects and fellowship, there is sure to be something for everyone.

Child care will be available for infants to 10-year-old children, for which those interested in using this service must complete the proper registration form.

Each participant is asked to donate one item toward the silent auction benefiting the Ronald McDonald House, which creates, finds, and supports programs that directly improve the health and well-being of children and their families. All proceeds from the silent auction will benefit the Ronald McDonald House.

POSTOAK Lodge offers cabins for accommodations, and members will have the opportunity to grow lifelong connections with women across the state through sharing a cabin with others. A few of the cabins have stairs, no elevators are located within cabins. If you need special accommodations, please indicate so on the form below.

The cost of registration is \$130, which includes lodging and meals. Checks should be made out to Oklahoma Farm Bureau Women's Leadership Committee. Register by filling out the form below, and mailing it with your payment to OKFB Senior Director of WLC and Safety Marcia Irvin by March 10.

Registration

Name: _____ County: _____

Phone number: _____ Email: _____

Will you be in attendance Friday? _____ Will you be in attendance Saturday? _____

Will you need child care? If so, how many children, and what ages? _____

Do you need special accommodations? _____

Fill out above form by **March 10** and submit with **payment of \$130 per person** to Marcia Irvin. Mail registration to Oklahoma Farm Bureau, 2501 N Stiles, ATTN: Marcia Irvin, Oklahoma City, OK 73105. Contact the OKFB WLC Director at (405) 523-2300 or marcia.irvin@okfb.org.

Stay up-to-date on all of the information for the 2023 WLC Conference at okfb.news/WLCCConf23.

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