

PA-WAGN REGIONAL REPRESENTATIVE KATIE COLLEGE

PRESENTS

F.A.R.M. (FITNESS AND RESPONSIBLE MOVEMENT)

STONEY CREEK IRIS FARM

1170 STONEY CREEK ROAD, DAUPHIN, PA 17018

JULY 11, 2013

7:00—8:30 P.M.

Join Katie College of Stoney Creek Iris/Cool Beans CSA and her personal trainer Katie Mace, of Katie Mace Fitness and Wellness, for an evening of wellness that targets hands-on farmers.

Katie College knew she had to take better care of her body if she wanted to continue farming and living her passion. So she got together with a personal trainer, Katie Mace, and together they soon realized that there is a lot more to good muscle health than just working out when you are doing a job that is already extremely taxing on your body.

As small-scale farmers, we need to ensure we keep our bodies healthy and not strain muscles, joints, etc., in our everyday work on the farm. We simply don't have the resources to afford injuries.

Katie Mace will work with participants at any fitness level to address the proper use of tools (feel free to bring some of your own tools to demonstrate) to help ensure correct form when hoeing, shoveling, lifting, weeding, etc. Katie Mace will show participants how to create a farm-based total workout - no need for a gym!

Join Katie and Katie for a fun evening of learning how to weed that row, tote that sack of seed, hoe that soil, shovel that compost or whatever strenuous task you are doing in a way that doesn't cause injury later in time. Empower yourself to stay healthy and happy in the field! Network with other women farmers and share your stories and experiences with others.

REGISTRATION

Advance registration recommended and appreciated

Online Registration:
<http://bit.ly/Jul11Registration>

CONTACT

For additional details contact:
Katie College
hutchinson1717@yahoo.com or
717-921-2928

DIRECTIONS

<http://bit.ly/Jul11Directions>