

Registration is limited to the first 10 couples per location.

There is no cost to attend – the cost for refreshments, meals, lodging, instructions, and materials are being covered by the Minnesota Dairy Initiative and other sponsorships. Please register early and be one of the couples to enjoy this weekend retreat.

Alexandria on Feb. 5-6

Rochester on Feb. 12-13

Name (include both partners): _____

Address: _____

City, State, Zip _____

Email: _____

Phone: _____

Farm Operation Type (circle)

Dairy

Other _____

There is a \$50.00/couple down deposit required to reserve your spot. Deposit is refundable on the second day of the retreat.

This program is made possible by its sponsors



UNIVERSITY OF MINNESOTA
EXTENSION



If interested in becoming a sponsor, please contact Leah Bischof



Farm Couple Retreat

Dates and Locations

February 5-6, 2021 – Alexandria, MN

Location TBD

February 12-13, 2021 – Rochester, MN

Hampton Inn & Suites

2870 59th St NW

Rochester, MN 55901

Retreat Details

Day 1: Check-in at 12:00 PM

Day 2: Retreat ends at 1:00 PM

The farm couple retreats are open to couples who dairy farm together but can also be available to couples with other types of farming entities.

Each retreat location is open to the first 10 couples that register. To check availability, please contact Leah Bischof.



Retreat Overview

The focus of the retreat:

- Communication with partner
- Communication with family
- Relationship building
- Handling stress
- Personalities
- Enjoying time away
- Problem Solving
- Action Planning
- Learning about resources

The retreat will include networking with other farming couples, short lecture, group activities, and partner exercises.

Each retreat will allow the couple to get away from everyday farm work and focus on a farm/family issue, set goals, and seek to attain them.

Questions? Contact:

Leah Bischof

(320) 429-0611

leahbischof@gmail.com



Registration Details

Please mail registrations to the following address:

Leah Bischof

25554 County Road 136

St. Cloud, MN 56301

\$50.00 per couple down deposit is required to reserve your spot; refundable on day 2 of the retreat. Please mail your down deposit with registration to reserve your spot. Checks can be made out to “MDI” or “Minnesota Dairy Initiative.”

All lodging, meals, refreshments, and materials are included in the registration. Registrations are being covered by business and organization sponsorships.

Registrations are due by **January 25, 2021**.

Upon receiving the registration, a confirmation letter will be sent to each couple.