

IFB REGIONAL WELLNESS EVENTS STRENGTHENING

FARMERS, FAMILIES, & FUTURES

MARCH 24 | 10AM-2PM

**KANKAKEE COUNTY
EXTENSION OFFICE**

1650 COMMERCE DR. BOURBONNAIS, IL 60914



REGISTER BY MARCH 17
[HTTPS://WWW.ILFB.EVENTS/REGWELLNESS2](https://www.ilfb.events/regwellness2)



AGENDA

- 9:45 AM - 10:00 AM Registration
- 10:00 AM - 10:45 AM Preparing for the Unthinkable, *Rodney Knittel, IFB*
- 10:45 AM- 11:30 AM Stop the Bleed, *Josh Balk, OSF Healthcare*
- 11:30 AM-12:00 PM What Family Needs at the Time You Pass
- 12:00 PM- 12:15 PM Lunch and Testimonial from *Greg St. Aubin, KCFB*
- 12:15 PM - 12:30 PM Testimonial, Disability Weights & Resources
- 12:30 PM - 1:00 PM Steady Through the Seasons, *Laura Hogan, LCPC, CRC, CEAP
Well In Mind Employee Assistance Therapist*
- 1:00 PM - 1:30 PM Simple PT Exercises, *Bryan Back*
- 1:30 PM - 2:00 PM Eating Right, *Morgan Pizur,
SNAP-Ed Educator*

