



NEW YORK STATE SENATOR

Patty Ritchie

## Ritchie To Host Free Event To Help Farmers Cope With Stress

PATTY RITCHIE April 23, 2018



Chair of the Senate Agriculture Committee, State Senator Patty Ritchie is inviting farmers, farm families and agribusiness owners to a special seminar focused on helping people recognize and manage the stresses those in the industry face today.

Sponsored by the New York Farm Bureau, Cornell University, and NY FarmNet, this free seminar, called “Stressful Times in Agriculture”, will be moderated by Jefferson County Agricultural Coordinator Jay Matteson. It will also include a roundtable discussion on stress management featuring experts from NY FarmNet, the NYS Ag Mediation Program and the

NY Center for Ag Medicine & Health.

“While most people face stress in their jobs, the stress farmers are forced to cope with is often times, much more unique and intense,” said Senator Patty Ritchie. “This event is an opportunity for those in the agriculture industry to come together, discuss the issues they are facing and receive guidance from experts. I hope farmers and agribusiness owners will attend this event and learn not only to learn how to cope with stressors, but also to network and learn that they don’t have to face the future alone.”

“Stressful Times in Agriculture” will take place on Thursday, May 3rd, from 9:30 a.m. to 3:30 p.m. at the North Harbor Dairy/Old McDonald’s Farm at 14369 County Rd. 145 in Sackets Harbor. You can RSVP, as well as view an event schedule, by clicking [here](#). Those who pre-register will receive a free lunch.