



# Tennessee Farm Family

## HEALTH AND WELLNESS

The Tennessee Farm Family Health and Wellness (FFHW) program is focused on making long-term health investments in Tennessee farm families and their communities. The course will utilize a hybrid method of live webinars and/or recordings that can be watched as your schedule allows. Five live, Zoom-based webinars will be held every other Thursday night at 6:00 p.m. (CT) / 7:00 p.m. (ET) beginning January 25, 2024. Registered participants will be emailed a Zoom link and instructions before each session. Recordings will be sent following each session for further viewing. To complete the course, seven total sessions must be completed. This can be any combination of the five 2023 webinars and the eight 2022 webinars.

### 2024 Webinar Topics:

- January 25 – TBA
- February 8 – TBA
- February 22 – TBA
- March 7 – TBA
- March 21 – TBA

### **FFHW is eligible for 50% Cost Share with the following TAEP Programs:**

Genetics, Hay Equipment, Livestock Equipment, Livestock Solutions, Permanent Working Structures, Dairy Solutions, Row Crop Solutions, Agritourism, Fruit & Vegetable, Value-Added Products, Honey Bees. Horticulture, Poultry Grower

More Information or to Register Online:  
[fcs.tennessee.edu/mffhw](https://fcs.tennessee.edu/mffhw)

Contact Information:  
Janet Fox, [jfox35@utk.edu](mailto:jfox35@utk.edu)  
Wendy Smith, [wksmith@utk.edu](mailto:wksmith@utk.edu)

### **2024 Farm Family Health and Wellness Mail-In Registration**

Name \_\_\_\_\_ Address \_\_\_\_\_  
Farm Name \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_  
Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_ Fee \$100  
Additional participating family members \_\_\_\_\_

Please send this registration slip and check payable to:

UT Extension Family & Consumer Sciences  
120 Morgan Hall, 2621 Morgan Cir Dr.  
Knoxville, TN 37996

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.