



# 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 consists of live and recorded webinars 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 22, 2026. Registered participants will be emailed a Zoom link and instructions before each session. Recordings will be posted for further viewing. To complete the course, seven total sessions must be completed. This can be any combination of the 28 webinars from 2022 through 2026.

### 2026 Webinar Topics:

January 22 – Dr. Charlie Martine: *The Fiscally Responsible Farm*

February 5 – Dr. Don Penzien: *Keeping Pain at Bay*

February 19 – TBA

March 5 – TBA

March 19 – 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)

### **2026 Farm Family Health and Wellness Mail-In Registration**

Name \_\_\_\_\_ Address \_\_\_\_\_  
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

Questions? 865-974-9966

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.