



CENTER FOR  
**Dairy**EXCELLENCE

**For Immediate Release**

**Media Contact:** Emily Barge, 717-346-0849; [ebarge@centerfordairyexcellence.org](mailto:ebarge@centerfordairyexcellence.org)

October 24, 2019

**DAIRY PROFESSIONALS INVITED TO WOMEN IN DAIRY CONFERENCE ON DEC. 3**

*The Conference Is a Learning and Networking Opportunity for Women in the Dairy Industry*

**Harrisburg, Pa.** – On December 3, 2019, the Penn State Extension Dairy Team is hosting a Women in Dairy Conference to spark collaboration and networking among women in the Pennsylvania dairy industry. The conference will take place from 9 a.m. to 4 p.m. at the Best Western Premier Hotel in Harrisburg, Pa. The Center for Dairy Excellence is a sponsor for the event.

“A strong planning committee of dairy women brings tremendous value to this event,” said Lisa Holden, Associate Professor of Dairy Science at The Pennsylvania State University. “Our keynote speaker, breakout sessions, and small group discussions were all planned to help dairy women better cope with the challenges in our industry and move forward in a positive direction.”

The conference will begin with keynote speaker Sadie Frericks from Blue Diamond Dairy. Frericks will share practical tips for improving sleep, nutrition, and movement to manage our physical, mental, and spiritual well-being. She will also talk about the importance of incorporating self-care into our families and farming operations.

Following the keynote speaker, conference attendees will participate in breakout sessions and small group discussions to learn about current issues in the dairy industry. Topics include genetic engineering for sustainable food and fiber production, management of transition dairy cows, options for feeding and raising calves, and more with a final session about “How to Weed Out the Stress in Your Life.”

The cost to register for the Women in Dairy Conference is \$72 per person. As a special promotion, individuals or organizations that purchase three tickets will receive one free. A complimentary reception on Monday, December 2 is included with all paid registrations.

Individuals must register by November 20, 2019. To register, visit [extension.psu.edu/women-in-dairy-conference](http://extension.psu.edu/women-in-dairy-conference).

###

The Center for Dairy Excellence is a non-profit organization initiated by the Pennsylvania Department of Agriculture in 2004. Bringing together people from more than 40 different dairy

organizations in Pennsylvania, the Center's mission is to enhance the profitability of the dairy industry by empowering people, creating partnerships, and increasing the availability and use of resources. Learn more at [centerfordairyexcellence.org](http://centerfordairyexcellence.org).

**Center for Dairy Excellence ▼ 2301 North Cameron St., Harrisburg, PA 17110 ▼ 717-346-0849 ▼**

**[www.centerfordairyexcellence.org](http://www.centerfordairyexcellence.org)**