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FOR IMMEDIATE RELEASE

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For May Mental Health Awareness Month, Dairy Girl Network is Offering Mini-Series on Behavioral Health Topics

Cobb, WI - April 30, 2019 - Dairy Girl Network (DGN) recognizes the need for conversations and on-going awareness to behavioral health. During the month of May, DGN will bring forth three webinars in the form of a mini-series in honor of Mental Health Awareness Month.

Dairywomen and men throughout the industry will have access to register for the DGN mini-series to learn more about the conditions that affect a person's thinking, feeling or mood. The webinars will have conversations on how to relate to others and help them to function daily. Everyone is unique, and the goal of these webinars and discussions is to focus on those individual experiences, yet share ways to find help and resources to not only overcome but to grow and live.

The first webinar, *Let's Talk about Mental Health*, will be taking place this Friday, May 3rd and will be presented by Diane Rohlman, PhD, Associate Professor of Occupational and Environmental Health from the University of Iowa. This presentation will give an overview of the prevalence of behavioral health and the need to have more conversations and awareness on the topic.

The second webinar will be on Friday, May 17th and will be presented by Kristin Potterbusch, Director of Special Projects for the National Council for Behavioral Health. Potterbusch will go over signs and symptoms of depression, anxiety and other behavioral health illnesses and how to help someone when observing those signs.

The final webinar will take place on Friday, May 31st. The topic of self-care and awareness will be presented by Monica Kramer McConkey with Eyes on the Horizon Consulting. Self-care is very often overlooked during our busy lives and McConkey will help webinar attendees develop what self-care looks like for them as well as give fresh ideas and useful resolutions.

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These three webinars will be presented live on the dates listed above at 12:00 p.m. CST, but recordings are also available to attendees to watch when it best suits their schedule.

Registration for these webinars is open to the industry and all are welcome to attend. A \$10 registration fee will cover attendance for all three live webinars or the recordings of the webinars. To register for the webinar please visit dairygirlnetwork.com.

Dairy Girl Network programs and events support all women in dairy by enhancing lives and creating opportunities. By working together with sponsors, DGN members gain valuable connections and resources and are able to share their experiences while supporting and encouraging fellow dairywomen. These webinars in honor of Mental Health Awareness Month are just one of the ways that DGN supports dairywomen and dairymen.

The Dairy Girl Network connects all women of the dairy industry, encouraging ideas and camaraderie in an effort to achieve personal and professional development. Designed as a welcoming network of passionate women involved in dairy, relationships will grow through shared experience, support and inspiration.

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