



**CFAES**

# **WOMEN IN AG WEDNESDAY WEBINARS**

The 2024 Series will be on the  
1st WEDNESDAY of each month.  
10:30 am – 11:30 am  
Via Zoom Platform

**Join us on March 6, 2024, for the next session  
on...**

## **Laughter Really is the BEST Medicine**

Laughter is a universal language and requires nothing special. Yoga is beneficial for everyone. During this interactive and conversational session, we share how we use these practices to help us relax, recharge, manage stress, and build relationships.

Register at this link one time for all the series.

**<https://go.osu.edu/wiawednesdaywebinars2024>**

**EVENT SPONSORS:** Ohio State University Extension, Ohio Women in Agriculture Learning Network Team



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College of Food, Agricultural,  
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