



COLLEGE OF
AGRICULTURE,
COMMUNITIES, AND
THE ENVIRONMENT

Sustainable Agriculture Workshop

"Third Thursday Thing"

November 15, 2018

Harold R. Benson Research and Demonstration Farm

1525 Mills Lane • Frankfort, Kentucky • (502) 597-6325

Dr. Marion Simon, State Specialist, Small Farm and Part-time Farmers

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College of Agriculture, Food Science, and Sustainable Systems

Harold R. Benson Research and Demonstration Farm, Center for the Sustainability of Farms and Families

1525 Mills Lane, Frankfort, KY (4 miles south of I-64, off US 127)

Directions: From I-64 Exit 53, take US127 South toward Lawrenceburg to the 4th stoplight, turn left onto Mills Lane, the KSU Farm is 1 ½ miles on the right.

Nutrition, Fitness and AgrAbility

TIME	PROGRAM
10:00 - 10:15 am	Welcome and Announcements Dr. Marion Simon, Kentucky State University
10:15 – 10:45 am	"Socially disadvantaged Farmers and Ranchers (SDFR) Policy Research Center – Advancing the Success of SDFR" Eloris D. Speight, Director, Socially Disadvantaged Farmers & Ranchers (SDFR) Policy Research Center Alcorn State University, Lorman, MS
10:45 – 11:15 am	"Farm to School" Gidgett Sweazy, Kentucky State University
11:15 – 11:30 am	Break and Change Rooms
11:30 – 12:00 pm	"Chair Exercises" Happy Raffaele, Kentucky State University
12:00 – 12:45 pm	Lunch Kentucky State University Farm Crew
12:45 – 1:15 pm	"Recreation for a Healthy Life" Cindy Jacobelli, Recreation Rehabilitation Therapist Kentucky Easter Seals at Cardinal Hill
1:15 – 1:45 pm	"Aging on the Farm" Elizabeth Hunter, Ph.D., OTR/L Assistant Professor, University of Kentucky
1:45 – 2:00 pm	Break
10:2:00 – 2:30 pm	"KY AgrAbility – What It Is and Why" Linda Bokros, KY AgrAbility Program Coordinator, University of Kentucky
2:30 – 3:00 pm	KY AgrAbility Modified Equipment and Raised Bed Gardens

PLEASE NOTE: The next Third Thursday Thing Program will be January 17, 2019 and will be on Grapes.

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