



CENTER FOR
DairyEXCELLENCE

For Immediate Release

Media Contact: Myranda Kleckner, (717) 346-0849;
mkleckner@centerfordairyexcellence.org

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WELLNESS RESOURCES AVAILABLE THROUGH THE CENTER *Center Offering Resources to Support Stress, Health and Wellness*

Harrisburg, Pa. – The Center for Dairy Excellence continues to realize and offer relief to the effects of overwhelming stress from managing a dairy farm through the current milk price situation by providing established programs dedicated to the wellness of the industry.

Every day farm families wage their own personal battles – whether it is working through a very challenging financial environment, dealing with increasing regulations in almost every area of their business, struggling with market loss or just finding a way to navigate through the dynamics of running a family business into today’s world. In these times, remember what matters most is health and personal well-being, which can be negatively affected by stress.

Recommendations for resources and hotlines that are currently available to help farm families better manage stress are listed on the Center website. To view this list, visit centerfordairyexcellence.org and follow the section “Business Tools” to “Stress Management Resources”. Also, farm families can also contact the Center directly to have someone confidentially contact their farm.

The Center is working to assemble a network of individuals who can support farm families that may be overwhelmed with stress. Recommendations of people who have counseling or pastoral training and a thorough understanding of agriculture are requested. To recommend someone to serve in this network or request a visit from one of these counselors, please contact Heidi Zimmerman at hzimmerman1@centerfordairyexcellence.org.

To learn more about the resources, ask questions, or provide recommendations, contact the Center at (717) 346-0849 or visit centerfordairyexcellence.org.

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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.