



Labor-Movement

Move Well - Work Well

COMING SPRING 2025

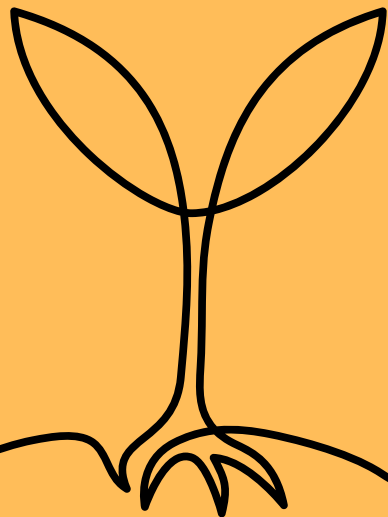
F A R M

M O V E M E N T

A D V O C A T E

T R A I N I N G

9 MONTH COHORT



WWW.LABOR-MOVEMENT.COM

FARM MOVEMENT ADVOCATE TRAINING

Labor-Movement's Farm Movement Advocate Training will guide farms in developing a farm-level movement health + injury prevention program that fits your farm's culture.

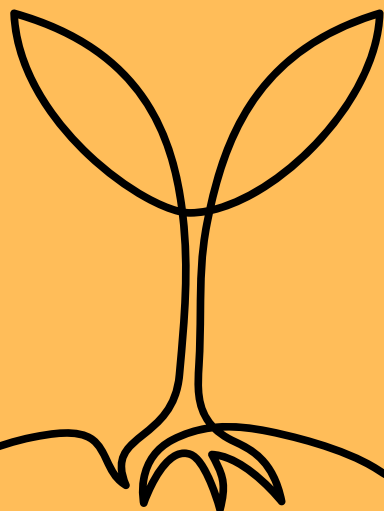
Labor-Movement's team of industry experts in athletic performance, functional movement, psychology, and agriculture sustainability will work with cohort participants to develop internal resources and systems for injury prevention to help protect a vital part of every farm: the farm's crew.

WHAT >>

A nine month cohort focused on the development and implementation of a farm-level movement health + injury prevention program.

Includes:

- One, 8 hour in-person training (Falmouth, Maine)
- Six Zoom sessions with additional education & cohort discussion
- Check-ins through season to assist in program goals, as needed
- Cohort capped at 20 participants (10 farms)



FARM MOVEMENT ADVOCATE TRAINING

WHO >>

Farms looking to cultivate a culture that considers wellness as an integral component of the well-being and longevity of farm crew and farm business.

WHY >>

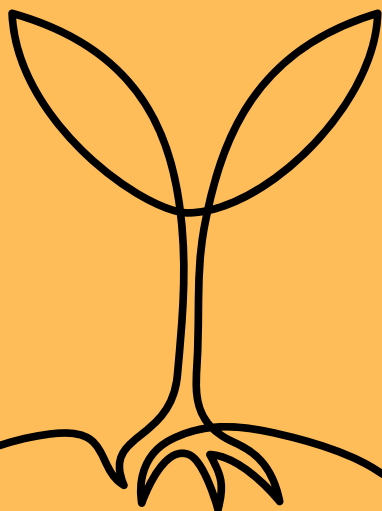
A farm's reliance on physical labor can jeopardize production if there are injuries that require work modification or time away. Direct and indirect costs related to injury affects the farm crew member and the farm business.

Development of a farm-level movement health + injury prevention program will allow farms to increase their resilience over time, not just within a single season. The knowledge and confidence gained by Farm Movement Advocate participants to positively impact their farm's crew and farm will extend longevity and empower future generations.

Having two farm members participate allows for two-tiered conversations and education of the crew, and acknowledges that a power hierarchy exists in most farm settings.

Farm Movement Advocate goals:

- Promote movement health, thereby directly impacting mental health
- Embed wellness into farm culture
- Prioritize injury prevention > injury recovery
- Promote longevity within farm crews
- Promote ground-up resilience of individuals and farms



FARM MOVEMENT ADVOCATE TRAINING

WHEN >>

Saturday, March 15, 2025

Saturday, April 12, 2025

January, 2026

WHERE >>

Beyond Strength, 60 Gray Road, Falmouth, ME

* COST >>

\$1095 per person

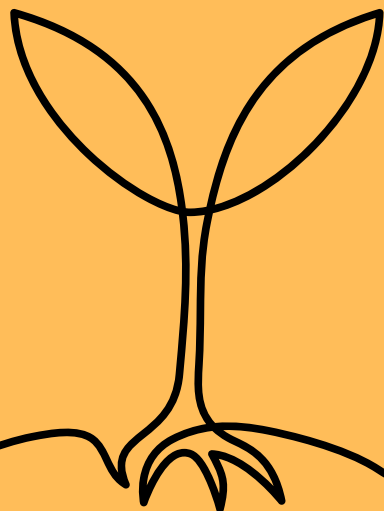
Payment plans available.

ADDITIONAL INFO >>

Registration for is open on Labor-Movement's website.

*Payment arrangements will be made separately with full payment due by start of training.

For long-term program integrity, one farm owner or manager, and one farm crew member from each farm are encouraged to participate.



For more information
contact: cynthia@labor-movement.com

WWW.LABOR-MOVEMENT.COM