



MAY 29-30TH 2026
ANNETT NATURE CENTER
INDIANOLA, IA





ABOUT THE EVENT



LOCATION

WHAT IS A WILD OUTDOOR WOMEN WORKSHOP?

Would you like to meet other women with similar interests, attend classes to learn new skills, or be inspired to explore and connect with the natural world? If so, this is the event for you. This workshop provides a comfortable environment to try new outdoor activities, engage in hands-on workshops, interactive sessions, and guided activities led by experienced instructors. You can campout and socialize Friday night, then attend general and breakout sessions on Saturday. In addition to learning and hands on experiences, Wild Outdoor Women emphasizes the importance of fostering a supportive and inclusive environment for all participants. Social gatherings, group discussions, and networking opportunities allow women to connect, share experiences, and build lasting friendships while breaking barriers and shattering stereotypes.

WHO CAN ATTEND?

Women 12 & older are invited to participate in this event. Come with your best friend, mom, daughter, sister, or come alone to meet new friends with similar interests!

HOW DO I REGISTER?

Fill out the enclosed registration form and pay via the MyCountyParks Link. The registration fee is \$75 and includes all activities, meals, and a Wild Outdoor Women gift. Registration deadline is May 25, 2026, but you will want to register as soon as possible since sessions are filled on a first-come, first-served basis. Participants will receive an email confirmation when registration and payment are received.

WHAT SHOULD I BRING?

- *Jacket *Rain Gear *Hiking Boots *Insect Repellent *Extra Socks
- *Sunglasses *Sunscreen *Hat *Overnight Gear *Tent
- *Reusable Water Bottle *Snacks
- *Yoga Mat (Friday Gen Session, Saturday AM Gen Session and Session E.)

SILENT AUCTION & EQUIPMENT SWAP

We will be holding a silent auction to offset costs from the workshop. We will be auctioning off outdoor themed baskets. We will provide the auction items, but if you'd like to donate something you are more than welcome! Bring some \$\$\$ in case you can't resist bidding up a silent auction item! Want to swap some equipment you don't use anymore? We'll have a table you can put your items and name on and people can reach out if they're interested in purchasing or swapping it!

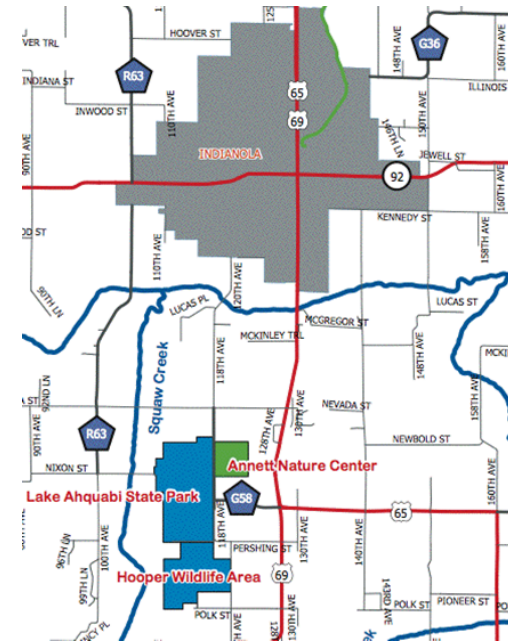
QUESTIONS?

Contact the Warren County Conservation Board office at (515) 961-6169 or email us at KelseyL@warrencountyia.org.

ANNETT NATURE CENTER
15565 118TH AVENUE
INDIANOLA, IA 50125
515-961-6169

The Annett Nature Center is located 5 miles south of Indianola. Travel 4 miles south on Hwy 65/69 turn west on Nevada and then turn south on 118th Ave, or follow the signs.

The ANC is on the east side of the road. Check in will be in the lobby of the Annett Nature Center.





SCHEDULE



REGISTRATION INFO

FRIDAY NIGHT FUN

Friday, May 29th (overnight optional)

5:00-6:00pm	Registration, Set Up Tents, Socializing
6:00-7:00pm	Dinner
7:30-9:30pm	Healing Her: Ground, Release, Reconnect
9:30pm	Socialize Until Bed

SATURDAY SESSIONS

Saturday, May 30th

7:00-8:00am	Sunrise Yoga
8:00-9:00am	Breakfast
9:00-11:00am	Session One <ul style="list-style-type: none"> A. Nature Crafts B. Boat Backing C. Gardening with Native Plants
11:15-12:15pm	Gen Session: Experience Oneida
12:15-1:15pm	Lunch/Silent Auction Ends
1:30-2:30pm	Session Two <ul style="list-style-type: none"> D. Cooking Wild Edibles: Black Walnuts E. Sound Bathing F. Stand Up Paddleboards
2:45-3:45pm	Session Three <ul style="list-style-type: none"> G. Eco Printing H. Herbal First Aid Walk I. Archery
4:00pm	Have A Safe Trip Home, See Ya Next Year!



Please fill out the enclosed form and return it along with payment to secure your spot for 2026 Wild Outdoor Women by May 25th. Remember that the sessions have maximums for attendance, and are filled on a first-come, first-served basis.

Forms can be sent to:

Warren County Conservation
118th Avenue Indianola, IA 50125

or emailed to:

KelseyL@warrencountyia.org

Items to Note:

Registration fee is \$75 to pay visit:

[MyCountyParks.com/County/Warren/Events](https://www.mycountyparks.com/County/Warren/Events)

Payment is Nonrefundable



SESSION DESCRIPTIONS

FRIDAY GENERAL SESSION

HEALING HER: GROUND, RELEASE, RECONNECT

Instructor: Dr. Valerie Ripperger, Hope Wellness Centers

Step into a gentle, nurturing space where you are invited to slow down, reconnect with the earth, and return back to yourself. Through grounding practices, breath, and mindful connection with nature, you'll begin to calm your nervous system and release the stress your body has been holding. This experience is about coming home to "her" - the part of you that may have felt unseen, unheard, or disconnected. As you root into the earth, you create safety within your body, allowing healing, softness, and reconnection to unfold naturally. A space to ground. A space to release. A space to reconnect with the woman you've always been.

SATURDAY SESSIONS

SUNRISE YOGA

Instructor: Bethany Grabe, Begin Again Yoga

Bethany with Begin Again Yoga will lead us through a gentle yoga sequence to celebrate the rising sun. Yoga postures, breath work, and meditation will guide our bodies through the flow. Every body and level of yogi is welcome.

SESSION ONE:

A. NATURE CRAFTS

MAX PARTICIPANTS: 12

Instructor: Naturalists, WCCB

Combine creativity with environmental exploration in this nature crafts program and create art inspired by the outdoors! We'll use natural materials to make fun and creative projects. This class fosters creativity, environmental awareness, and a deeper connection to nature.

B. BOAT BACKING

MAX PARTICIPANTS: 8

Instructor: Jim Coffey, Iowa DNR

Learn the basics of backing a boat trailer during this hands-on session. With guided practice and helpful tips from experienced personnel, you'll leave feeling more comfortable and in control when it's time to launch or load your boat.

C. GARDENING WITH NATIVE PLANTS

MAX PARTICIPANTS: 20

Instructor: Bonnie Baldus, Iowa Master Gardener

From flower pots to full garden beds, discover how to start and care for native plantings. Learn practical tips for choosing the right plants, getting them established, and managing your space for long-term success. Many of the species featured in this session are selected to attract and support pollinators.

GENERAL SESSION: EXPERIENCE ONEIDA:

NATIVE AMERICAN CELEBRATION AND STORYTELLING

Instructor: Amanda Cawthorn, Oneida Nations

Amanda Cawthorn is registered with the Oneida Nation of Wisconsin. She enjoys sharing the Oneida culture, with lessons from the past and a focus on the present. She grew up in northern Wisconsin, and now lives in Iowa with her husband and their four children. She shares her culture because she wants to help audiences see past the many stereotypes about Native Americans, and to understand that Native cultures are still alive, and strong. Participants will learn about what a powwow is and why they are important, while being invited to take in the vibrant colors, sounds and tastes at an Oneida powwow. We will explore different categories of dance and regalia, try a sample of traditional Strawberry Drink, and join in a Friendship dance.



SESSION DESCRIPTIONS

SESSION TWO:

D. COOKING WITH WILD EDIBLES: BLACK WALNUTS

MAX PARTICIPANTS: 20

Instructor: Jim Coffey, Iowa DNR

Discover the flavors of the forest in this hands-on wild edibles program focused on cooking with walnuts! Perfect for curious beginners and seasoned foragers alike, this program will leave you with new skills and a deeper appreciation for the nutty treasures around you.

E. SOUND BATHING

MAX PARTICIPANTS: 9

Instructor: Amy Briant, Golden Aura Alchemy

This sound bath is a sanctuary for deep rest. An invitation to step out of autopilot and into presence, where the body can settle, the mind can quiet, and the nervous system can feel safe enough to rest.

We'll begin with a brief grounding breathing exercise and gentle guided meditation to help you arrive fully in the present moment. From there, you're welcome to rest as waves of sound move through the space. No effort. No expectations. Just rest.

F. STAND UP PADDLEBOARDING

MAX PARTICIPANTS: 11

Instructor: Seasonal Naturalists, WCCB

Grab your sunscreen and join us for a fun-filled stand up paddleboarding class just for women! This relaxed, beginner-friendly session covers the basics while giving you plenty of time to practice, laugh, and enjoy the water. It's the perfect way to try something new, stay active, and connect with other women.

SESSION THREE:

G. ECOPRINTING

MAX PARTICIPANTS: 20

Instructor: Des Moines Botanical Garden

Capture the blooms of summer in a fun and artistic way. We will spend this time learning how to press flowers onto paper and fabric. In doing so we will transfer their beautiful colors and intricate designs onto these materials. You will have the opportunity to make and take your own printing with you!

H. HERBAL FIRST AID WALK

MAX PARTICIPANTS: 20

Instructor: Cal Wolfpack, Herbalist

What if you get a fire burn while camping? Want to keep that scrape from getting infected while in the backcountry? Insect bites? Poison Ivy Rash? This interactive survival themed workshop teaches the healing properties of local plants in first-aid situations. In this hands-on program, participants will learn how to identify various medicinal plants, understand their uses, and discover practical applications for first aid in emergency situations.

I. ARCHERY

MAX PARTICIPANTS: 20

Instructor: Hannah Hernandez, WCCB Naturalist

Step out of your comfort zone and take aim in this beginner-friendly archery session. Participants will learn basic safety, proper stance, and how to aim and shoot. With guidance from instructors, you'll get time to practice and work on your accuracy. No experience needed, just come ready to give it a try.



RELEASE FORM



REGISTRATION FORM

Name: _____

Date of Birth: _____

Emergency Contact: _____

Emergency Contact Relation: _____

Emergency Contact Phone #: _____

Do you have any known allergies (foods, other)?:

No _____ Yes _____ List: _____

Do you have any health concerns that should be known to staff?

No _____ Yes _____ List: _____

MEDICAL RELEASE

This medical questionnaire is correct and complete to the best of my knowledge, and I am able to engage in all activities during the Wild Outdoor Women event, unless otherwise noted. I represent that I am in good physical condition, and I am not aware of any disease or injury that would be aggravated or result in my being injured during any program participation. I give consent for the Warren County Conservation Board event staff to provide medical attention, transportation, and emergency medical services as warranted by the circumstances.

LIABILITY RELEASE

If I am injured or suffer any illness while residing at and participating in the programs at the Wild Outdoor Women event, I agree to hold the WCCB, and other supporting organizations harmless of any said illness or injury. I further understand and agree to abide by the general rules of conduct prescribed for the guests of the workshop, and that violations may result in denial of privileges, forfeiture of all fees paid, charges to repair damages, dismissal from the event, and/or removal from the property.

PHOTO RELEASE

Yes _____ No _____ I give permission for photographs, digital images, or videos to be taken of me while participating in the Warren County Conservation Wild Outdoor Women event. Photos from the event can be sent to you & may be used for marketing purposes for future WCCB events.

I have read this release, I understand that it affects legal rights and responsibilities, and I hereby agree and consent to its terms and conditions and hereby waive any claims arising while residing at and participating in the programs of the Warren County Conservation Board.

Signature of Participant: _____ Date: _____

*Signature of Parent/Guardian: _____ Date: _____

*(if minor)

REGISTRATION & PAYMENT DEADLINE: MAY 25, 2026

Name _____

Address _____

Phone # _____

E-mail _____

Session (write session letter in blank)	1st Choice	2nd Choice
One (A, B, or C)	_____	_____
Two (D, E, or F)	_____	_____
Three (G, H, or I)	_____	_____

Are you attending Friday night? Yes/No

Do you need a tent for Friday? Yes/No

Do you have dietary restrictions? Yes/No

Dietary Comments: _____

PLEASE RETURN WITH PAYMENT TO RESERVE YOUR SPOT

REGISTRATION FEE IS \$75

TO PAY ONLINE VISIT

WWW.MYCOUNTPARKS.COM/COUNTY/WARREN/EVENTS

OR MAKE CHECKS TO WCCB

PAYMENTS ARE NONREFUNDABLE

**MAIL TO: WARREN COUNTY CONSERVATION
15565 I18TH AVENUE**

