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Willaura farmers are healthy and farms are now sustainable

WILLAURA - Farmers from Willaura and Minnera returned last week to attend a second Sustainable Farm Families workshop.

Twenty people arrived at the Willaura Recreation Reserve Clubrooms and had a health assessment with local health professionals and then participated in workshops on depression, anxiety, and women and men's health.

This followed on from a workshop 12 months ago where all participants learnt about cardiovascular disease, diabetes, injury, stress and nutrition, as well as receiving a full health assessment.

Local Community Health Nurse, Leonie Tellefson, said it is really important for people to have regular health checks and learn about how they can be well.

"We have had several participants who have identified risk factors that they need to keep an eye on that they didn't know about before they came to this program," Ms Tellefson said.

"In the twelve months between workshops farmers have made progress on making personal changes in their lives to improve their own health and wellbeing.

"Participants have increased their regular cardiovascular exercise, are eating more balanced diets, and have made improvements to farm safety as a result of attending this program."

Farm men and women who attended became aware of the opportunity through the Willaura Recreation Reserve Committee of Management.

Lois Brain said these farmers recognise the importance of looking after your own health and that of your family as a part of running a successful and sustainable farm business.

"There is no point achieving a better bottom line if you're not there to enjoy it," one Willaura Recreation Reserve Committee of Management member said.

SFF is an award winning initiative of Western District Health Service, based in Hamilton, and is delivered in partnership with the Department of Primary Industries (DPI).

For more information contact the Western District Health Service on (03) 5551 8508 or visit www.sustainablefarmfamilies.org.au



Sarah Guthrie, Greg McInnes and Pat Milliar at the Sustainable Farm Families workshop