

A healthy 'bottom line'

The good health of the farmer and the farm family is the most important investment a farming enterprise can have.

This is the key message of the award-winning Sustainable Farm Families project, which has now been funded by the Federal Government to run a pilot program – 'Reaching the Remote' – in both the Esperance and Ravensthorpe regions.

The project has been working with farmers across eastern Australia, developing a program which improves farming family health, which in turn improves the farm's bottom line.

Esperance and Ravensthorpe are the first regions in Western Australia to be a part of this innovative project. Local residents Dale Rooney, Tanya Robinson and Marg Carmody have undergone an intensive three-day training course in Hamilton, Victoria and intend to commence the program 19 March 2007.

The program involves a two-day workshop in the first year and a day and a half workshop the following year. Over the two days, participants are provided with practical information on the importance of

good health, health and safety and its link to productivity of the farming business. Each participant undergoes a quick physical health check to assess blood sugar levels, cholesterol, body mass index, waist-hip ratios, blood pressure and physical assessment.

'Reaching the Remote' program is fully funded by the Department for Health and Ageing so is FREE to all participants. All meals are also provided for the duration of the workshop kicking off with a breakfast on Day 1.

This program is an excellent opportunity for farming families in the Esperance and Ravensthorpe regions to take positive action about their health.

'There is no point in a better bottom line if you're not there to enjoy it'.

Registration forms are now available from Dale Rooney on (08) 9076 7063 or email dsrooney@dodo.com.au