

A FIRST FOR ESPERANCE

An excellent opportunity exists for farming families in the Esperance region to participate in a multi award winning health program. Esperance has been selected as the first region in WA to pilot the 'Sustainable Farm Families - Reaching the Remote' project.

'Reaching the Remote' involves a two-day workshop in the first year commencing March 2007, and 1.5 days in March 2008. Participants will attend health education sessions and undergo a quick physical assessment including blood pressure, pulse, cholesterol, weight, blood sugar, height, waist to hip ratio measurement and % body mass. Benefits of this program include increasing your understanding of wellness, lifestyle factors, prevention of ill health, as well as a health assessment and report.

'Reaching the Remote' is fully funded by the Commonwealth Department for Health and Ageing so it is **FREE** to all participants. For more information and participation forms please contact Dale Rooney (project co-ordinator) on 90767063 or access the website at www.sustainablefarmfamilies.org.au

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

Placed in school newsletters -
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