



Register now for the Sustainable Farm Families Program

GROUPS of farmers are now invited to apply to have the award-winning Sustainable Farm Families (SFF) program, bringing better health, well-being and safety.

The Department of Primary Industries' (DPI) Project Manager, Emily Moule said workshops are broken down into yearly sessions with long-term follow ups.

"Farmers will learn how to understand their own health risks, how to manage them and integrate them into farming life, which can be difficult given the pressures they face," Ms Moule said.

"During the sessions, farmers are tested for fasting-glucose and cholesterol levels as well as eyesight checks and height, weight and body mass measurements.

"Other sessions include discussions on cardiovascular disease, diabetes, cancer, stress, nutrition and physical activity, anxiety and depression as well as farm safety."

Farming industry and community groups that have up to 24 individual farmers who would like to participate in the program are encouraged to contact the DPI now on 136 186.

Applications close on 27 March 2009. More information on the SFF can be found at www.sustainablefarmfamilies.org.au

The SFF program is part of the Brumby Government's Future Farming Strategy investment of \$12million to improve the health and wellbeing of Victoria's farmers.