

# A healthy focus

Farmers from the Benalla district are invited to attend a Sustainable Farm Families program next month.

To be held on Wednesday, April 9, and Thursday, April 10, between 8 am and 4.30 pm at the Department of Primary Industries in Benalla, the free program is an award-winning initiative of Western District Health Service in Hamilton and is delivered in partnership with the Victorian DPI.

Already 700 farmers have participated in the program and 100 per cent of participants have recommended it to other farmers.

The program consists of a health check and two days of interactive



**Monitoring health:** Deb Smith (left) is excited to be working with farming families in the region.

health information sessions with farming families from the district — after which farmers go home with a personalised action plan and goals for 12 months.

A follow-up program a year later repeats the health checks and delivers new and different health information.

The main message links the health of the

farming families to the health of their farm business, reminding them there is "No point in a better bottom line if you're not there to enjoy it."

The Benalla program is hosted by Delatite Community Health Service, with the active support of industry partner, the Benalla branch of the Victorian Farmer's Federation (VFF).

■ For more information and to register, phone Delatite Community Health Service community health nurse Deb Smith on 5761 2200.

■ More details can also be obtained from the Western District Health Service on (03) 5551 8450 or by visiting [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)