

# A healthy initiative

Farming families from across northern Victoria will have the opportunity to improve their health when a series of workshops take place throughout the state in November and December.

The initiative aims to develop the knowledge of farmers regarding their own health, with a focus on what practical steps can be taken to improve the lives of farm families and the impact this improvement can have on their business.

DPI's project manager for Sustainable Farm Families, Emily Moule, said there had been an overwhelming positive response from rural health services who wanted to deliver the program to their local farming families.

The program covers a range of areas including cardiovascular disease, cancer, diabetes, women and men's health, stress, depression, farm safety, nutrition and exercise.

All participants also have a health assessment and the program is available to farming men and women at no charge.

Farmers who have completed the program said it enhanced their overall health including better eating and farm safety.

The dates and locations for the northern Victorian seminars are:

Shepparton, November 13-14;  
Violet Town, November 28-29;  
Nathalia, December 6-7; Kyabram, December 12-13.

For more information on program locations contact the Western District Health Service on 5551 8508 or go online to: [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au).