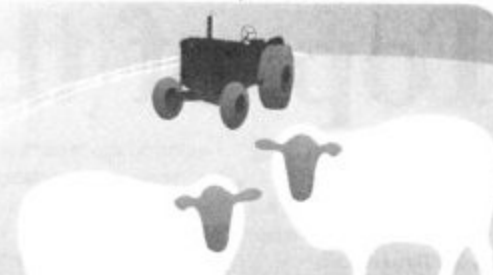


FARM



Are you a Sustainable Farm Family?

FARMERS from Beaufort and district have an exciting opportunity to attend a Sustainable Farm Families program in March 2008.

Sustainable Farm Families is an award winning initiative of Western District Health Service, Hamilton, and is delivered in partnership with the Department of Primary Industries (DPI). Beaufort & Skipton Health Service (B&SHS) has recently been successful in gaining funding to run a program in the region.

The Minister for Agriculture, Joe Helper, said "the Sustainable Farm Families program focus is to improve the physical and mental health of farmers and their families".

"This program is about recognising that for many Victorian farming families the drought's impact continues to affect their lives; and helping people get through that" Mr. Helper said.

Health Promotion Officer for B&SHS Bronwyn Cuthbertson said "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 it is available to farming men and women."

Farmers who have completed the program have reported that the program enhanced their overall health with everything from better eating to improved farm safety. Some also found that they were able to make better decisions because they had a new perspective of how important their health and families were in their lives.

This program is to be run in Beaufort on the 13th & 14th of March 2008.



• From Trawalla - Bryan, Jeff, Mark, Simone, Rebecca & Emily Smith. Jeff & Simone recently completed the two year SFF program run in Ararat with farming families from Trawalla, Waubra, Willoura & Tatyoon. They would recommend local farmers to take the time out to be part of the Beaufort program this year.