

Don't Miss Sustainable Farm Families Program

Farmers from the North Central district have an exciting opportunity to attend a Sustainable Farm Families program in early July 2008 at Donald.

Sustainable Farm Families is an award winning initiative of Western District Health Service, delivered in partnership with the Victorian Department of Primary Industries. Already 600 farmers have participated in the program and 100 per cent of participants recommended it to other farmers and helped shape the program.

It is now being brought to Donald on Tuesday and Wednesday, July 1 and 2, by the East Wimmera Health Service and B.C.G. in partnership with the Victorian Department of Primary Industries.

East Wimmera Health Service Community Health Nurse, Kerry Wood, explained that "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 have a health assessment and the program is particularly suitable for farming men and women."

"The Sustainable Farm

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

Farmers who have completed the program have reported that it has enhanced their overall health, resulted in better eating and improved farm safety. Some participants even 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.

Farmers interested in attending the coming workshops should contact Kerry Wood on 54786213 or Margaret O'Keefe at the Birchip Cropping Group on 54922787. There are limited places available — please book early to avoid disappointment.

More information on the program can also be obtained from the Western District Health Service on 5551 8450 or visit www.sustainable-farmfamilies.org.au



• East Wimmera Health Service, Kerry Wood is excited to be working with farming families in the Donald and surrounding region.

