



## Farm families program

MILDURA Irrigators have an exciting opportunity to attend a Sustainable Farm Families program in Mildura. Sustainable Farm Families is an award winning initiative of Western District Health Service, Hamilton, 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.

The workshops include information on nutrition and diet, farm health and safety, cardiovascular disease, stress, men's and women's health issues and cancer. Details of the program.

**BLOOD** tests for cholesterol and diabetes (small prick not a needle)

**BODY** measurements

**EYE** test

**LUNG** test

**ONE** on one 20 minute private discussion with a health professional on these results and any other health issues you have

The program will be run on May 6 and 7 at the Irymple DPI offices, at 8.30am. Breakfast, lunch and teas breaks are provided. For bookings and further details ring Darryl Pearl on (03)5051 4531 or 0439 550 531