



# Farm Families workshop praised

TWO days focusing on mental and physical health at a Sustainable Farm Families workshop at Lake Bolac last month was well worth the effort, according to participants.

Sharon Meek of Mininera said everyone left the workshop with a feeling of optimism. "I thought it was fabulous. It was enjoyable and informative with a positive feeling in the group."

Ms Meek felt it was good to

share the same experiences and realise everyone was going through the same things with the drought and high grain and fertiliser prices," she said.

Everyone had personal health checks and there were separate sessions for men and women's health, with plenty of laughter coming from the men's room.

A visit to the supermarket highlighted the necessity to read labels to make sure the food they

thought was healthy did not contain hidden sugar or salt.

Exercise five times a week was emphasised and relaxation methods such as meditation were taught to help with stress levels.

All participants were invited to return for a follow-up session in 12 months.

Sustainable Farm Families is an initiative of the Western District Health Service based in Hamilton and is delivered in partnership with the Department of Primary Industries as part of their drought work.

The program aims to develop farmers' knowledge of their own health, with a focus on practical steps that can be taken to improve quality of life and improvement in their business decisions.