

Farming families health program

STAWELL - Farmers from Stawell and district are invited to attend a Sustainable Farm Families program on Sunday, February 24 and Monday, February 25.

Sustainable Farm Families is an award-winning initiative of the Western District Health Service in Hamilton, which is delivered in partnership with the Victorian Department of Primary Industries.

Already 600 farmers have participated in the program and everyone who has participated has recommended it to other farmers.

Elissa Hill from Stawell Regional Health said the program covers a range of areas, including cardiovascular disease, cancer, diabetes, women's and men's health, stress, depression, farm safety, nutrition and exercise.

All participants also receive a comprehensive health assessment.

Minister for Agriculture Joe Helper said the Sustainable Farm Families program focused on improving 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.

Farmers who have completed the program reported the program enhanced their overall health, with everything from better eating to improved farm safety.

Some also found they were able to make better decisions as they had a new perspective on the importance of their health and the health of their family.

Farmers interested in attending should contact Elissa Hill on 5358 8611 by close of business today.



Pictured promoting the farming families health program are Elissa Hill and Jenny Farrer at Stawell Regional Health.