

S

Sentinel Times  
Tues. 1st April 08



Kylie Alger, Anna Langley and Evie Harle are excited to be working with farming families in the region.

# Health program for farm families

FARMERS from the South Gippsland district have an exciting opportunity to attend a Sustainable Farm Families program in May.

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 and helped shape the program.

Sustainable Farm Families health project leader Anna Langley 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 these are available to farming men and women.

Agriculture minister 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.

"This is helping people get through that" Mr Helper said.

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.

Farmers interested in attending should contact Anna Langley, project coordinator, Gippsland Southern Health Service on 5667 5524.

More information on the program can also be obtained from the Western District Health Service on 5551 8450 or visit [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)

**&## Plumber!**  
Plumber didn't turn up again?  
The Tap Doctor does. It's the way plumbing should've been all along! Call 1300 655 827

**VLE LEONGATHA SALE DRAW**

April 2 & 4

1. Everitt & Seeley
2. Rodwells
3. Phelan & Co
4. Elders