

## SUSTAINABLE FARM FAMILIES PROGRAM TO BE RUN IN TIMBOON

MARCH 18<sup>TH</sup> 19<sup>TH</sup> 2008



*Melanie Green and Amanda Nash (Timboon and District Healthcare Service) are excited to be working with farming families in the Timboon and District.*

Farmers who have completed the Sustainable Farming Families program have improved 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.

The good news is the program is available to farmers from Timboon and the surrounding district in March 2008.

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 700 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 industry leader 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 is available to farming men and women."

The minister for Agriculture, Joe Harper, said "the Sustainable Farm Families program focus is to improve the physical and mental health of farmers and their families."

"This program is about recognizing that for many Victorian farming families the drought's impact continues to affect their lives; and helping people get through that" Mr. Harper said.

Farmers interested in attending should contact Melanie Green or Amanda Nash at Timboon and District Healthcare Service on (03) 5558 8049. More information on the program can also be obtained from the Western District Health Service on (03) 5551 8450 or visit [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)