

Sustainable Farm Families Programs in Ouyen



• Sue White pictured taking Tony's blood pressure.

Farmers from Ouyen and district have an exciting opportunity to attend a Sustainable Farm Families program on April 7 and 8.

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 percent of participants recommended it to other farmers and helped shape the program.

Sustainable Farm Families health educator Sue White 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 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; and helping people get through that."

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 Glennis Barnes or Sue White, Mallee Track Health & Community Service, phone 5092 1111 or visit: www.sustainable-farmfamilies.org.au

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