



## SFF program going into new areas

FARMING men and women from Glenthompson, Casterton, Mirranatwa and the Dunkeld and Woodhouse districts have been invited to attend a Sustainable Farm Families program in November and December.

Strong registrations have already been received. The first workshop in Glenthompson is booked out, but more will be held depending on demand.

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

mary Industries. Already 600 farmers have participated in the program.

All who completed the program have reported enhanced 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.

Interested farmers should contact the program's manager Cate Mercer-Grant on 5551 8450 or access the website [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au)