



# Sustaining farm families

FARMERS from the Lake Bolac district have a healthy opportunity to participate in a Sustainable Farm Families program in March.

Sustainable Farm Families is an 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 the participants recommended it to other farmers and helped shape the program.

Sustainable Farm Families health industry leader Una Allender said: "The program covers a range of areas including cardio-

vascular 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."

Victorian Agriculture Minister Joe Helper said the program's focus was 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," 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 Vee Fay at the Lake Bolac Bush Nursing Centre on 5355 8700. For more information on the program call Western District Health Service on 5551 8450 or visit [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au).



**HEALTHY APPROACH:** Southern Farming Systems Streatham branch, co-ordinator Una Allender, left, program co-ordinator for the Lake Bolac Sustainable Farm Families, Vee Fay, with Dr David Hucker, president Lake Bolac Bush Nursing Centre, promoting the SFF program to be held in Lake Bolac on March 3 and 4.