

# Elders

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# Workshop improves health of local farming families

Farmers from Lake Rowan and surrounding areas attended a Sustainable Farm Families workshop last week as a part of a statewide initiative to help improve the health of local farmers and their families.

The Sustainable Farm Families program aims to develop the knowledge of farmers regarding their own health, with a focus

on what practical steps can be taken to improve the lives of farm families and the impact this improvement can deliver to their businesses.

"The workshops were excellent and over the two days I certainly learnt a lot about my health" participant Greg Holmes said.

"We all received a free health assessment and

the workshop sessions were interactive, and I think everyone enjoyed themselves".

Sue Crowther from the Yarrawonga Community Health Centre 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.

Farmers who attended came from Lake Rowan, Boomahnoomoonah, Tungamah, and Gooramhat districts and became aware of the opportunity through the St James/Tungamah Victorian Farmers Federation.

Sustainable Farm Families is an award winning initiative of Western District Health Service, based in Hamilton, and is

delivered in partnership with the Department of Primary Industries (DPI) as part of their longer term drought work.

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.

All of the participants will return to complete another two day workshop in 12 months time, again receiving a health assessment so they can track their health indicators over time.

A second program will be conducted in the Katamatite area on May 26 and 27. To register your interest please contact Sue Crowther at the Yarrawonga Community Health Centre on 5743 8500.

For more information contact the Western District Health Service on (03) 5551 8508 or visit [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au).

## WOOL SCENE

Closing Micron Indicators for  
Friday 7th March, 2008

Micron	Opening	Previous	Current	Change %
18	1256	1389	1414	2%
19	1112	1196	1219	2%
20	1009	1055	1069	1%
21	961	987	992	1%
22	937	938	937	0%
25	901	897	894	0%
24	827	819	827	1%
26	638	605	600	-1%
28	470	427	433	1%
30	389	343	349	2%
32	327	300	305	2%

Printed by Craig Potter, your WISS LTD Wool Broker local representative, Phone: (03) 5744 1060 or Mobile: 0418 369 119.



Local farmers at the workshop held at the Lake Rowan Hall.



Yarrawonga Community Health Centre's Sue Crowther, Wangaratta District Health Services' Geoff Bartlett and Russell Maher, Libby Cummins of Department of Primary Industries Cobram, Tracey White of Department of Primary Industries Kyabram at the Lake Rowan workshop.

### CLEARING SALE