



# Media alert

From the Department of Primary Industries

---

Monday, 28 April 2008

## **WORKSHOPS FOCUS ON FARMERS HEALTH, WELL-BEING AND SAFETY**

Victorian farmers now have the opportunity to participate in the award winning Sustainable Farm Families program, with 50 free workshops planned for around the state.

This program aims to develop the knowledge of farmers regarding their own health, well being and safety, 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 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 the program is available free to farming men and women.

### **Workshops to be held in May 2008 are:**

- Mildura                      May 6 & 7
- Beechworth                May 20 & 21
- Orbost                        May 20 & 21
- Lilydale                      May 20 & 21
- Leongatha                 May 26 & 27
- Katamatite                May 26 & 27
- Shepparton                May 28 & 29
- Mansfield                 May 28 & 29

*Sustainable Farm Families is an initiative of Western District Health Service, Hamilton, delivered in partnership with the Victorian Department of Primary Industries.*

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

**MEDIA CONTACT: Sarah Hetherington DPI Media and Communications Officer,  
0409 405 639**