**SUSTAINABLE FARM FAMILIES™**

**Program Name**

**Day and date of workshop**

**Location of workshop**

**AGENDA**

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| 7:45am – 9:00am | * Welcome Everyone
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| * Physical Evaluations *– including fasting cholesterol & glucose, blood pressure, eyes, waist/hip & weight*

* Breakfast
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| 9:00 – 10:00am | Reflection Action Plan presentations from participants |
| 10:00 – 10:30am | Summary and Recap of Workshop 1 |
| 10:30 – 11:30am | Topic Nine:**Mental Health and Well-Being, Depression**  |
| **11:30 – 11:45am** | **Morning Tea** |
| 11:45 – 12:45pm | Topic Nine *continued*:**Mental Health and Well-Being, Anxiety**  |
| **12:45 – 1:05pm** | **Lunch** |
| 1:05 – 2:35pm | Topic Seven & Eight: **Wise Women’s / Wise Men’s - Reverse**  |
| 2:35 – 2:45pm | Health Assessment Results  |
| 2:45 – 3:00pm | Action Planning |
| **3.00pm** | **Afternoon Tea** |
| 3:00 – 5:00pm | Individual Health Assessments* 10-15 minute intervals
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