**FARMER HEALTH —THE TOP PRIORITY**

Local farming men and women are being provided a unique opportunity to participate in the award winning Sustainable Farm Families™ (SFF) program, which focuses on the health, wellbeing and safety of farmers and their families.

The SFF program was developed specifically for farm men and women— by farm men and women—and involves interactive workshops that address their specific health, wellbeing and safety. More than 2,400 farmers have participated in the program across Australia and praised the program.

The insert town name workshop will be held on insert dates (date of month, year). This program is one in a series of programs being rolled out across Victoria.

Insert industry group, insert position, insert name of industry group rep said while local farmers work tirelessly to put the crop in and harvest it (make specific to your industry), it is important that they take time to assess their health and wellbeing.

“Farmers have higher rates of preventable health issues such as high blood pressure than the general population however small changes to lifestyle can make a large impact on improving health and wellbeing.” (can change dependent on representative)

The SFF program is designed to remind farmers that if they don’t take the time to look after themselves then it will have an impact not only on them but also on their farm business’ bottom line and their family.

Local insert town farmer insert name of recruiter/ participant commented that “We are so pleased to bring SFF to insert town and know that all SFF participants will receive full health assessments and have the opportunity to understand their own health risks, how to manage them and how to more easily integrate them into farming life”.

SFF workshops cover a range of health topics including cardiovascular disease, cancer, diabetes, stress, farm safety, men’s and women’s health, depression, respiratory illness on farm, anxiety, nutrition and exercise and all focussed on farming communities.

The free program is an initiative of National Centre for Farmer Health delivered in partnership with insert industry partners. Interested farmers are urged to register their interest with insert name of recruiter before insert date.

For more information contact insert name and phone contact or visit <http://www.farmerhealth.org.au/sustainable-farm-families/sff-programs>

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