**SUSTAINABLE FARM FAMILIES™**

**Name of Program**

**Day and Date of Program**

**Location and address of program**

**AGENDA**

**DAY ONE**

|  |  |
| --- | --- |
| 7:45 – 9:00am | Welcome Everyone |
| Physical Health Assessment   * *including fasting cholesterol and glucose, blood pressure, eyes and weight* |
| Breakfast is served after your health assessment |
| 9:00 – 9:35am | Welcome introductions  Focus group |
| 9:35 – 9:50am | Introduction to Sustainable Farm Families |
| 9:50 – 10:30am | Topic One: State of rural health – how are we really travelling? |
| **10:30 – 10:45am** | **Morning Tea** |
| 10:45 – 11:45am | Topic Two: Cardiovascular disease – getting to the heart of things |
| 11:45 – 12:45pm | Topic Three: Farm health and safety – where you live, work and play |
| **12:45 – 1:05pm** | **Lunch** |
| 1:05 – 2:15pm | Topic Four: Diabetes – the how, the when and the why |
| 2:15 – 3:00pm | Topic Five: (part 1) Nutrition, diet and alcohol – are you what you eat and drink? |
| **3:00pm** | **Afternoon tea** |
| 3:00 – 5:30pm | Individual health assessments |

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**AGENDA**

**DAY TWO**

|  |  |
| --- | --- |
| 9:00am | Welcome back |
| 9:00 – 9:45am | Focus group learnings  Reflection of day one learnings |
| 9:45 – 11:10am | Topic Five (part 2): Supermarket tour  - *label reading* |
| **11:10 – 11:25am** | **Morning Tea** |
| 11:25 – 12:25pm | Topic Six: Stress Less – wellness and worseness |
| **12:25 – 12:50pm** | **Lunch** |
| 12:50 – 2:50pm | Gender Benders – split into gender groups  Topic Seven: wise women’s health  *- breast health, cervical cancer, continence*  Topic Eight: wise men’s health  - *prostate, erectile dysfunction* |
| 2:50 – 3:10pm | Afternoon tea |
| 3:10 – 3:20pm | Health assessments results |
| 3:20 – 3:35pm | Focus group – learnings |
| 3:35 – 4.00pm | Action planning |
| 4:00pm | Thank you |