

Family and Farm Well-being day

Join Gateway Health and guests from the National Centre for Farmer Health, AgBiz Assist and Soil Land Food, as well as wellbeing professionals for a day about farming productivity and your family.

The day will feature:

- Catered morning tea, lunch and afternoon tea
- Breathing Easy in Agriculture – Protecting Respiratory Health
- Farm Succession planning with AgBiz
- How to access free financial counselling
- Soil Land Food present education tips and tricks for improving your farm's productivity.
- Stress Management Workshop with Kokedama Moss Balls, Yoga with Indigo Yoga Space, and Massage with Amber Mikhail
- There will be opportunities to mix and mingle with the guest speakers over lunch and morning and afternoon tea

Cost

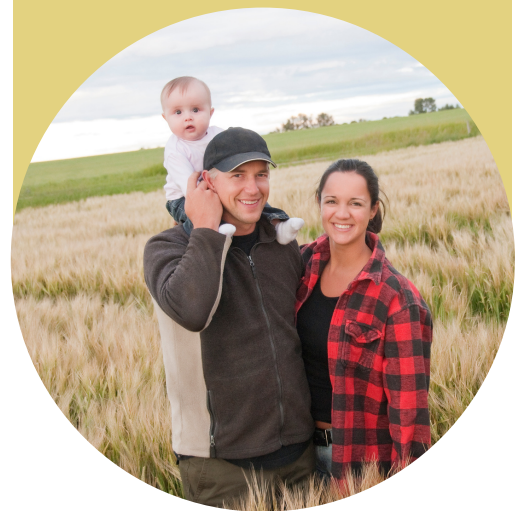
This is a free event brought to you by Gateway Health, The Department of Health and Agriculture Victoria.

When

Friday 6 October 2023 from 9am to 3pm

Where

The Grand Oaks Resort, 22 Oak Ave, Beechworth
(Formerly known as the George Kerferd Hotel)



Register to attend

Scan the QR code, or rsvp by calling 0484 288 892.
Places are limited. Please RSVP to secure your spot.

