



NATIONAL CENTRE FOR  
**FARMER  
HEALTH**

in association with

**HESSE  
RURAL  
HEALTH**



# CALM THE FARM

## CREATING A HAPPY HEALTHY WORKPLACE

Are you interested in reducing risks to mental health in your farm workplace by improving your work systems, or doing things a bit differently?

Join us for an interactive and engaging **two-hour** workshop that explores ways of reducing work-related stress.

Connect with other local farmers as you focus on practical solutions to improve job satisfaction and effectiveness for you and your team.

Continue the conversation over a nutritious meal - **ON US!**

### Event details

**DATE:** TUESDAY 26 MARCH 2024  
**TIME:** 5:00pm for a 5:30pm start  
 Followed by dinner  
**COST:** FREE  
**LOCATION:** Inverleigh Public Hall,  
 71 High St, Inverleigh VIC 3321

**RSVP:** 18 March 2024  
 (Essential) Hannah Walker or Brooke Greig  
 5267 1200  
[Healthpromotion@hesse.vic.gov.au](mailto:Healthpromotion@hesse.vic.gov.au)



### Key focus areas



#### Understanding the main work-related risk factors to farmers' mental health

What are the factors in the management of farm work that can affect the wellbeing of farmers and farm workers?



#### Explore how these may be impacting you and your farm business

How does it play out at your farm? What are the solutions and what can be improved?



#### Develop your own plan to stay on track

Use tools designed specifically for farmers - like 'Steering Straight' to identify ways to keep you positive and focused, and create a support network

This program is supported by Western Victoria Primary Health Network under the Australian Government's Primary Health Networks Program.



**LIMITED SPOTS AVAILABLE!**

RSVP NOW TO BOOK YOUR SPOT

