NATIONAL CENTRE FOR FARMER HEALTH in partnership with wdhs Western District Health Service DEAKIN UNIVERSITY AUSTRALIA

The Victorian Government has funded the National Centre for Farmer Health to deliver 20 Sustainable Farm Families™ programs to drought impacted farming communities.

Victorian farm families who have been affected by the state's devastating drought are encouraged to take a positive step towards their health by participating in the Sustainable Farm Families™ program.

Better Health

The award winning program is broken into two or three workshops. During the first two-day workshop fasting glucose and cholesterol levels are measured and you also receive an eyesight check, body mass measurements, blood pressure and respiratory tests. Results are discussed one on one with a health professional and referrals for follow up appointments arranged. There are also group discussions on a range of health, wellbeing and safety issues of interest to farming families.

Better Understanding

During the program health and wellbeing topics covered include cardiovascular disease, cancer, stress, women and men's health issues, nutrition, physical activity, anxiety and depression as well as farm safety. The information is presented in a practical way and involves explanation on what it means for your health.

Better Business

The most important thing for farming men and women is that the Sustainable Farm Families™ program is designed to enhance your farming business.

What farmers have said …

'100% practical, 100% applicable and 100% understandable' 'The need for farmers to have excellent health has to be addressed for the continuity of an overall healthy community'

'I believe health is very important and a lot of my friends could learn a lot from the course in relation to their health.'

'One on one is excellent. Most time any health professional has spent with me.'

'I would recommend the course to others, as you finish the course with a much greater awareness of your health and the importance of your health to your own farm business.'

'Presenters were great – very approachable, relaxed and helpful. Resource kit – just that – a great resource.'

This **FREE** program is an initiative of the National Centre for Farmer Health and is being delivered in partnership with Birchip Cropping Group and East Wimmera Health Service.

Location: Wycheproof Community Resource Centre
Date: Thursday 28 & Friday 29 July 2016

For Bookings Contact:
Wycheproof Community Resource Centre 03-54937455
Or For More Information:
Contact Louisa Ferrier 0438 854241 or Tracey Myers 03-54772193
Or visit www.farmerhealth.org.au

Making a difference to farmers' lives