

## **MEDIA RELEASE**

### **Sustainable Farm Families workshop**

**18 January 2016**

A workshop aimed at sustaining the most important resource of the Australian farm – the farming family - will be held in Birchip in March. The Sustainable Farm Families project focuses on the people who are at the centre of the farming business. If you are a part of a farming family, this workshop is a great opportunity to start your year with a commitment to your own health and that of your family.

The Sustainable Farm Families initiative is designed to explore links between farm family health and wellbeing, farm related accidents and farm sustainability. This initiative is a cooperative effort of the Victorian Government (Department of Economic Development, Jobs, Transport and Resources), the National Centre for Farmer Health, East Wimmera Health Service and Birchip Cropping Group (BCG). The two day workshop includes a supermarket tour, free health check, information sessions and healthy catering. There are two follow up workshops held one and two years after the first.

The two day Sustainable Farm Families workshop will be held in Birchip on 1 and 2 March. It is open to those aged 18 years or over and is free for farming families. Families are urged to attend as a group to get the most benefit from the exercise and places are limited.



To register for the program, go to the BCG events webpage <http://www.bcg.org.au/events.php>. Registrations are due Friday, 22 January. For more information please contact Louisa Ferrier at the BCG office 03 5492 2787 or [louisa@bcg.org.au](mailto:louisa@bcg.org.au)

**End release**

**For further information contact Travis Fitzgibbon on 1300 520 520**