

FIT FARMERS WORKSHOP

WHEN

Friday September 15th
9.30am – 2pm

WHERE

CROOKWELL MEMORIAL HALL
Dennison Street Crookwell

PRESENTATIONS TARGETING FINANCIAL, PHYSICAL AND MENTAL HEALTH BY:

Stephen Carroll

Steve is a mental health practitioner with many years experience working in rural communities.

Richard Moffitt - Next Rural

Succession and the transition process - how to get started, involving all generations, scenarios and traps to be wary of.

Ginny Stevens - Active Farmers

Improving physical health with a range of services that help proactively improve overall health, including mental health.

RSVP ESSENTIAL - FOR CATERING AND ALTERNATIVE DIETARY REQUIREMENTS

Ruth Aveyard 0447 242 474

coordinator@upperlachlanlandcare.org.au



This activity is part of the Local Landcare Coordinators Initiative



Local Land Services

The Local Landcare Coordinators Initiative is funded by the NSW Government, and is supported through the partnership of Local Land Services and Landcare NSW.



RUOK? DAY™
14 September 2017

You've got what it takes

4 simple steps that could change a life.
Find out more at ruok.org.au



COST

\$5 PER PERSON or LANDCARE MEMBERS FREE (membership available on the day)

MORNING TEA ON ARRIVAL AND LUNCH INCLUDED

CWA morning tea and gourmet steak sandwiches at lunch

POP UP DISPLAYS

RAMHP

DPI – Rural Resilience Program

State Emergency Service Rural Fire Service

Local Land Services

Our Voice NDIS

specialist service

Headspace

One Door Mental Health

PHAM

Crookwell

Neighbourhood Centre

Courage, Wisdom

Change

Police Rural Crime

And more.....