



Sustainable Farm Families™ Alberta

is a highly successful health and wellness program developed for Alberta farmers. It provides farmers and their families with tools and techniques to effectively manage their health, well-being, and safety. Activities like personal health assessments, label reading, group work and personal action planning encourage and empower individuals to make positive lifestyle choices.

SFF™ works with farmers to help them understand and acknowledge how important their own health and safety is to their farming operation. Since November 2014, the Farm Safety Centre has delivered 58 SFF™ workshops to more than 700 farmers across the province.

Some of the topics discussed in these SFF™ workshops include:

- Cardiovascular Disease (*Heart Attack & Stroke*)
- Diabetes
- Nutrition & Diet
- Farm Safety
- Bill 6 Update (*What does OH&S mean for farmers in Alberta?*)
- Stress Management
- Mental Health (*Anxiety, Depression & Suicide*)
- Cancer (*Causes & Prevention*)
- Physical Activity
- Respiratory Health (*All about the lungs*)

SFF workshops will be delivered throughout Alberta this fall and winter. For information about these workshops please contact: Jordan Jensen

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