



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 94 SFF™ workshops to more than 1,000 farmers across the province.

Topics discussed in these SFF™ workshops include:

- State of Rural Health
- Cardiovascular Disease (*Heart Attack & Stroke*)
- Diabetes
- Nutrition & Diet
- Farm Safety
- Stress Management
- Mental Health
- Alcohol Use & Misuse
- Men's Health
- Women's Health
- Bill 6 Update (*What does OH&S mean for Alberta farmers*)
- Cancer
- Respiratory Health
- Physical Activity

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

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