

'Look over the farm gate'

Neighbours helping neighbours improve health and wellbeing.



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## Sustainable Farming Forum

With special guest

# Stan Alves



One of AFL's favourite sons

Will talk about how to stay positive to overcome adversity.

The evening will also cover topics including;

- Seasonal Forecasts - Dale Grey, Seasonal Risk Agronomist, Ag. Vic
- Succession Planning - Richard Weston, Centrelink
- Market Forecasts – Ben Thomas, MLA
- Managing Stress – Maria Thompson, Mental Health Practitioner

Friday 9<sup>th</sup> September 2016 at the Yea Shire Hall, High St Yea.

5:45pm arrival for a 6.00pm start.

Dinner provided plus information on sustaining yourself, your neighbours and your farm. **RSVP Essential by Wednesday 7th.**

Contact; Judy Watts on 5797 4405 or [uglandcare@gbcma.vic.gov.au](mailto:uglandcare@gbcma.vic.gov.au)

Bridget Clarke on 5736 0479 or [clarkeb@humehealth.org.au](mailto:clarkeb@humehealth.org.au)



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