

# Farmstrong and Healthy Thinking



Farmstrong is inviting you to find out how  
Healthy Thinking can help you live well and farm well.

Living well is the key to farming well - and without a healthy farmer it's hard to run a healthy farm.

Together, FMG and the Mental Health Foundation have developed a rural wellbeing initiative called [Farmstrong](#). Farmstrong provides you with information to help you look after yourself and stay in good shape – both physically and emotionally.

We would love you and your team to join us at the next 'Healthy Thinking' workshop run by medical doctor and author Dr Tom Mulholland. During the workshop you'll learn how small changes to the way you live, can improve the way you farm – and also, how you look after your family and staff.

The evening will kick off with a bite to eat, before Dr Tom presents a Healthy Thinking workshop filled with tips and advice on how you can live well and farm well – but don't take our word for it, here's what Eliot had to say about a workshop he recently attended.

"The Farmstrong message is vital. It gets people talking and thinking. You need that strong commitment to keeping yourself well because the farming environment can be bloody challenging." – **Eliot Cooper, Hawke's Bay farmer**

## When

Thursday 25<sup>th</sup> May  
Doors open – 5.30pm  
Workshop 6.30pm – 8.30pm

## Where

Cheviot Trust Hotel  
43 Hall St, Cheviot

## RSVP

Please let us know if you'll be joining us by the 19<sup>th</sup> May. Please email [rsvp@farmstrong.co.nz](mailto:rsvp@farmstrong.co.nz)

This event is supported by:

