

Media Release  
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## Comedy for a Cause

Farmstrong's heading back to Waikato in April and giving farmers, growers and anyone connected with the rural community a chance to get off farm to have break and a laugh.

"From time-to-time we all find ourselves under the pump and it's easy to just keep going, but the reality is we can't. We all need to stop and recharge," says Farmstrong's Michelle Stevens.

"Whilst farming can be incredibly enjoyable and rewarding, at the same time it's a tough gig.

"In the same way we plan our daily work loads of milking, shearing, stock rotation etc., we also need to take time to plan how we're going to stop. It may sound a little odd but it's so important to have a break and invest in ourselves.

"After having a break we tend to make better decisions, have more energy and are in a stronger position to look after our family, friends, workmates and staff," says Michelle.

In April Farmstrong will make taking a break a little easier for those in the Waikato, by bringing a comedy show to the region's doorstep.

Internationally acclaimed comedians, Nick Rado, Paul Ego, Andre King and Tarun Mohanbhai will perform on Saturday, 21 April at the Sir Don Rowlands Centre in Karapiro.

"Grab your mates, neighbours and treat your workers to a cracking night of comedy and get off the farm for a few hours. Come and join the laughing stock—pun intended—and I promise their jokes will be a lot better," says Michelle.

This event is supported by New Zealand Young Farmers and Rural Support Trust.

It's an R18 event and tickets are just \$10 each with all proceeds going back to Farmstrong.

Limited corporate tables are also available for a donation. Email your bid to

[info@farmstrong.co.nz](mailto:info@farmstrong.co.nz)

General admission tickets are available at [www.youngfarmers.co.nz/nzyf](http://www.youngfarmers.co.nz/nzyf)

### About Farmstrong

Farmstrong is a rural wellbeing programme jointly run by FMG and the Mental Health Foundation. ACC is involved as a strategic partner.

Farmstrong is a nationwide rural wellbeing programme, which encourages farmers and growers to see themselves as the most important asset on the farm. It promotes developing small but regular habits to improve overall wellbeing so you can perform at your best during the ups and downs of farming.