

# Healthy Farm Families

Farm life is a busy and stressful one, so it's important to stay on top of your health. Farming means meals in the field or on the go most days. It means working in all kinds of weather, extreme heat and extreme cold. Farm stress and mental health is being talked about now more than ever. This educational class series will provide useful, tangible tools and resources to help you and your family stay on top of your health on the farm.

## *April 19th - Meals in the Field*

Farmers and farm families often find themselves eating on the go, right in the field. This can be a real challenge, and many folks will just not eat or reach for a less healthy option. This program will provide ideas on how to make healthier options more convenient, as well as how to ensure the food being consumed is safe. We will throw in some new recipe ideas and easy on the go meals that will work for the whole family.

## *May 19th - Sun and Heat Safety*

Extreme heat and sun exposure can cause big problems. Farming waits for no one, and to ensure you are around to tend to crops and livestock, you have to take care of yourself! That includes knowing the signs and symptoms of heat related illnesses such as heat stroke and heat exhaustion. The risk of skin cancer also increases with sun exposure. What can you do to prevent these from happening? Come find out how to prevent heat related illnesses on the farm, what to look for, and treatment options.



## *June 16th - Rural Mental Health and Farm Stress*

Farm families are no stranger to stress. It's one of the most stressful, yet rewarding, jobs you can have. But how do you cope when things get tough? We will cover farm-specific stressors and the biological effects of stress. Join us in learning about common mental health challenges such as depression, anxiety and substance misuse and recognize their signs and symptoms. You will learn how stress impacts the nervous system and what tangible steps you can take to help yourself and others handle stress.

All classes will be held at the Grayson County Extension Office at 5:00 p.m. CST  
Grayson County Extension Office: 64 Quarry Road, Leitchfield, Kentucky, 42754

**To register, please call the Extension Office at 270-259-3492 or visit [www.graysonext.org](http://www.graysonext.org) and use the link provided. You may also scan the QR code on this flier to register online.**

