



# The Farm Families Health Checks Programme

The Farm Families Health Checks Programme is a one-stop mobile facility offering free health assessments and advice tailored specifically for you.

The health checks can be completed quickly and will offer a good indicator of your health, including risk of heart disease, early detection of diabetes and emotional health and wellbeing.

The programme will be visiting local farmers' markets and rural community events. You can get these free health checks by attending:

Venue:

Date:

Time:

## For further information

If you have any questions about the Farm Families Health Checks Programme, please contact:

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AN ROINN  
**Talmhaíochta agus  
Forbartha Tuaithe**

MÁNYSTRIE O  
**Fairms an  
Kintra Fordèrin**