



# Media Release

Thursday, May 29<sup>th</sup>, 2014



## KEEPING A HEALTHY BALANCE – LINKING URBAN AND RURAL WOMEN Tamar NRM

Urban and rural women in northern Tasmania will join together next week to share personal stories and experiences on the topic of mental health.

The event 'Keeping a Healthy Balance – Positive Health Meets Fashion' will be held on Wednesday, June 4<sup>th</sup> at the Launceston City Council Reception Room.

The event has been organised by NRM North and Tamar Natural Resource Management.

The guest speaker is Annette Reed, the winner of the Rural Industries Research and Development Corporation (RIRDC) Award.

As the Chair of the Tasmanian Women in Agriculture, Annette has forged the vision of connecting, supporting and celebrating Tasmanian rural women, developing achievable pathways forward, clear procedures and a robust succession plan.

NRM North's Landcare Facilitator, Alison Hugo, said it was exciting to have Annette speak at the event.

"Annette has an interesting story to tell about how her family's small 40 hectare property was transformed to be economically viable despite the many personal challenges she faced," Mrs Hugo said.

"The idea of the event is to give urban and rural women a chance to come together and hear a range of inspiring stories from a diverse range of women that also have a connection to the land.

"The stories are very much about how these women and their families had to overcome adversity whilst living in a rural environment.

"While these ladies are sharing their captivating stories they will be showcasing the latest R.M. Williams Fashions from Allgoods Launceston."

The Executive Officer of Tamar Natural Resource Management, Craig Williams, said this was the first of four events linking urban and rural women.

"We believe the four seasonal events being jointly co-ordinated by our two organisations will attract a wide range of people from both the rural and urban communities.

"Each event will have a unique theme and the variety of activities available will create a diverse series of linked experiences across the seasons."

For more information or to register, contact NRM North 6333 7777 or Tamar Natural Resource Management 6323 3310.

Ends

For more information contact:

Melissa Lewarn, Manager – Community Engagement & Communications, NRM North, 6333 7776 or 0427 354 058