



Aboriginal healthy ageing - the Ironbark project

The Ironbark project is a cluster randomised control trial comparing the health outcomes of the *Ironbark: Standing Strong & Tall* program (a weekly exercise and yarning circle) to the *Ironbark: Healthy Community* program (a weekly social program) among groups of Aboriginal people aged 45 years and older.

The project includes supporting Aboriginal services to deliver one of the programs for groups of 10 – 15 Aboriginal people for 12 months. We are working across NSW, SA and WA. We believe the research will have direct policy and program benefits for Aboriginal falls prevention programs and wellbeing programs for older Aboriginal people.

Our project paused from March – December 2020 due to COVID. We are now re- inviting Aboriginal services to work with us. On **Thursday March 18th 2021, 2pm**, we will be hosting a Zoom webinar for **NSW** based services.

To register for the meeting please click on the link:

[Ironbark webinar registration](#)

More information about our project can be found at www.ironbarkproject.org.au

This project is being run by a collaboration of Aboriginal and non Aboriginal researchers from the University of NSW, Flinders University, Wollongong University, Curtin University, Sydney University and The George Institute for Global Health.

For further information about the webinar, please contact

Aaron Simon, Project Officer, aaron.simon@unsw.edu.au, Ph: 02 9065 7344