



Flinders University  
Southgate Institute  
for Health, Society  
& Equity



Curtin University



Institute for  
Musculoskeletal  
Health

# The Ironbark Project: A program for older Aboriginal people

Does your service work with older Aboriginal people?  
Would your service like to be part of research that shows how important  
community programs are for older Aboriginal people?

The Ironbark Project compares the health impacts of two programs:  
*Standing Strong and Tall* program and *Healthy Community* program.

We are inviting services that work with groups of older Aboriginal people  
(45 years and older) to participate in the study.

We will fund and train services to run one of these programs weekly for  
12 months

Standing Strong & Tall	Healthy Community program
<ul style="list-style-type: none"> <li>• Yarning Circle</li> <li>• Strength and balance exercises</li> <li>• Morning tea</li> </ul>	<ul style="list-style-type: none"> <li>• Yarning Circle</li> <li>• Social program</li> <li>• Morning tea</li> </ul>

We will be holding a 30min webinar for interested **NSW services**:

**Date:** Thursday 18<sup>th</sup> March 2021

**Time:** 2.00 – 2.30 pm

**Registration link:** [ironbark information](#)

**Further information:** Aaron Simon, [ironbark@unsw.edu.au](mailto:ironbark@unsw.edu.au)

**Phone:** 02 9065 7344

For further information, please visit our website:

[www.ironbarkproject.org.au](http://www.ironbarkproject.org.au)