

# IRONBARK PROGRAM

*"The Ironbark tree is native to Australia and for the program it represents strength and growth, with a deep root system symbolising life and staying grounded".*

## Invitation

We would like to have the pleasure of your company at the launch of the Ironbark Program

**When:** Monday 5<sup>th</sup> November  
**Where:** WADJAK Northside Aboriginal  
Community Centre: 2 Finchley  
Crescent, Balga (cnr Balga Avenue)  
**Time:** 12.30pm – 2.30pm

**Light lunch provided**

The Ironbark Program is a culturally safe physical activity and health promotion program that showed promising results when piloted among older Aboriginal people in New South Wales. The program, facilitated by a physio and Aboriginal workers, is designed to improve strength and balance to prevent falls. Aboriginal people aged 45+ are invited to participate.

**RSVP by Wednesday 31<sup>st</sup> October to Jessica Carter and Paula Hume on 9380 7765 or [NMHSHealthPromotion@health.wa.gov.au](mailto:NMHSHealthPromotion@health.wa.gov.au).**



Government of Western Australia  
North Metropolitan Health Service  
Mental Health, Public Health and Dental Services

**WADJAK**  
Northside Aboriginal  
Community Group



Standing Strong and Tall

