



Ironbark Program

If you're an Aboriginal person 45 years +

- come meet new people
- enjoy morning tea together
- improve your health
- build your balance and strength
- yarn and support each other
- learn and share ideas to prevent falls

Free!

The Ironbark Program is a culturally safe physical activity and health promotion program for Aboriginal people. The program, facilitated by a physio and Aboriginal workers, is designed to improve strength and balance to prevent falls.

Where: Herb Graham Recreation Centre
38 Ashbury Cres, Mirrabooka (Billabong room)

When: Every Tuesdays 10.00am – 12.00pm

**For more information contact Karen Williams
or Jessica Carter on 9380 7765**



Registration Form

Please complete this form and return to Jessica Carter at jessica.carter@health.wa.gov.au or bring with you on the day.
For more information contact Karen Williams or Jessica Carter on **9380 7765**

Your details:

Your personal information on this form will only be used for the purpose of the program. The information you provide will be kept confidential.

First name		
Last name		
Age		
Address	Street:	
	Suburb:	Postcode:
Contact details	Mobile:	Home:
	Email:	

Referral Details:

Name	
Practice / organisation	
Address	
Phone & Email	