



Falls Prevention & Education Program

What's it about?

Ironbark is a 10 week falls prevention and education program that helps mob stay strong, active, and confident on their feet!

Who's it for?

Aboriginal and Torres Strait Islander peoples
(and non Indigenous family members)

Those aged 45 years and over and/or;
Living/working in the Bulbuwil regions of Sutherland and St George

What happens in the program?

Gentle strength and balance exercises
Tips to help prevent falls
Yarning, connecting, and supporting each other

Why join?

Keep your balance and strength up
Stay independent and safe at home
Be active and stay connected with mob



Commencing

Thursday 23rd July 2026

Time

1.30pm-3pm

Venue

Miranda Community Centre
97 Karimbla Rd, Miranda NSW 2228

We do require a current GP consent and can support you to obtain this.

Please call **0409 731 923** to register or let the team know when you see them.

Registrations close July 16th.



Health
South Eastern Sydney
Local Health District

