

# A recipe for a long life

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The current life expectancy for Aboriginal peoples is considerably shorter than the rest of the Australian population yet there are still some Aboriginal elders that have lived a long life. What are the basic pre-requisites for giving us the best start in life and what sustains us throughout our existence? These questions will be considered from an Aboriginal perspective, both personally and professionally, as well as considering some of the broader issues currently facing Aboriginal peoples in Australia today.

