### Stepping On Weekly Workshop Topics

#### Session 1
- **Activity 1:** Introductions
- **Activity 2:** Summary of the Program
- **Activity 3:** The Shopping List
- **Activity 4:** Balance & Strength Exercises
- **Activity 5:** Falls Risk Appraisal
- **Activity 6:** Closing & Homework

#### Session 2
- **Activity 1:** Welcome & Outline
- **Activity 2:** Pros & Cons of Regular Exercise
- **Activity 3:** Review of Exercise Homework
- **Activity 4:** Shopping List Results
- **Activity 5:** Goal Setting for Mobility
- **Activity 6:** Walking Sticks
- **Activity 7:** Exercise Practice
- **Activity 8:** Moving About Safely
- **Activity 9:** Getting Up from a Fall
- **Activity 10:** Fall Stories
- **Activity 11:** Safety Alarm Systems
- **Activity 12:** Closing & Homework

#### Session 3
- **Activity 1:** Welcome & Outline
- **Activity 2:** Exercise Practice & Review
- **Activity 3:** Apple Game Quiz
- **Activity 4:** Home Fall Hazards
- **Activity 5:** Pets
- **Activity 6:** Closing & Homework

#### Session 4
- **Activity 1:** Welcome & Outline
- **Activity 2:** Exercise Review & Practice
- **Activity 3:** Home Fall Hazards Homework
- **Activity 4:** Vision & Falls
- **Activity 5:** Footwear & Falls
- **Activity 6:** Closing & Homework

#### Session 5
- **Activity 1:** Welcome & Outline
- **Activity 2:** Review of Homework & Exercises
- **Activity 3:** Medication Management
- **Activity 4:** Sleeping Better
- **Activity 5:** Calcium, Vitamin D, Sunlight & Osteoporosis
- **Activity 6:** Past Participant
- **Activity 7:** Closing & Homework

#### Session 6
- **Activity 1:** Welcome & Outline
- **Activity 2:** Review of Homework
- **Activity 3:** Travel Safety
- **Activity 4:** Balance & Strength Exercises
- **Activity 5:** Mobility Mastery Experiences
- **Activity 6:** Navigating Inclement Weather
- **Activity 7:** Closing & Homework
Stepping On
Weekly Workshop Topics

● ● ● Session 7
Activity 1: Welcome & Outline
Activity 2: Review of Homework
Activity 3: Exercises
Activity 4: Community Mobility & Safety
Activity 5: Safety Strategies & Review
Activity 6: Talking With Your Provider
Activity 7: Group Evaluation
Activity 8: Farewells & Follow-Up

● ● ● Three Month Booster
Activity 1: Welcome & Outline
Activity 2: Review Progress
Activity 3: Coping with Negative Stories & Fall Stories
Activity 4: Exercise Review
Activity 5: Balance & Strength Exercises
Activity 6: Brief Review of Key Issues