

Quick Overview of the Program	
Session 1	Introduction, Overview, and Choosing What to Cover Getting to know each other, overview of program, sharing fall experiences, choosing what to cover. Guest expert introduces the balance and strength exercises.
Session 2	The Exercises and Moving about Safely Review and practice exercises with guest expert, explore the barriers and benefits of exercise, moving about safely – chairs and steps, learning not to panic after a fall.
Session 3	Advancing Exercises and Home Hazards Review and practice exercises, discuss when and how to upgrade your exercises, identify hazards in and about the home, and problem-solving solutions.
Session 4	Vision and Falls, Community Safety, and Footwear Review and practice exercises. Guest experts discuss the influence of vision on risk of falling and talk about strategies to get around the local community and reduce the risk of falling. Learn about the features of a safe shoe and identify clothing hazards.
Session 5	Medication Management, Bone Health, and Sleeping Better Identify the importance of Vitamin D, sunlight, and calcium to protect from fall injury. Guest expert talks about medications that increase falls risk. Strategies to sleep better are discussed.
Session 6	Getting Out and About Discuss and give participants the opportunity to see and try hip protectors. Explore different weather conditions that could lead to a fall. Review exercises. With guest expert, practice safe mobility techniques learned during the program in a nearby outdoor location.
Session 7	Review and Plan Ahead Review and practice exercises, review personal accomplishments from the past 7 weeks. Reflect on the scope of things learned. Review anything requested. Finish any segment not adequately completed. Time for farewells and closure.
Follow-Up Home Visit	Support follow-through of preventive strategies and assist with modifications.
3-Month Booster Session: Review achievements and how to keep them going.	

