**Session 1: Introduction to Program**
The focus of the session is on “Concern vs. Fear”. The group is introduced to the concept of helpful and unhelpful beliefs about falls and concerns about falling.

**Session 2: Exploring Thoughts and Concerns about Falling**
- To learn that there are different ways to think about falls and concerns about falls.
- To realize the importance of recognizing our core beliefs about falls before we are able to change them. Emphasis is on not whether or not I can do it, but HOW can I do it?

**Session 3: Exercise and Fall Prevention**
- To understand the importance of exercise in preventing falls
- To identify the barriers to exercise
- To identify which exercises are best suited for fall prevention
- To learn the Matter of Balance Exercise

**Session 4: Assertiveness and Fall Prevention**
- To recognize three important physical risk factors for falls: low blood pressure, leg weakness, and poor flexibility/balance
- To understand exercises that can be used to prevent falls due to low blood pressure, leg weakness, and poor flexibility/balance
- To recognize the relationship between assertive behavior and fall prevention.

**Session 5: Managing Concerns about Falling**
- To learn how to use *Personal Action Planners* to start an exercise program
- To learn about balance exercises that can be used as part of an individualized exercise program
- To recognize misconception and unhelpful thoughts about falling and the effect those thoughts have on feelings and actions
- To learn how to shift from self-defeating to self-motivating thoughts

**Session 6: Recognizing Fall-ty Behavior**
- To determine which activities are and are not fall risk-taking behaviors
- To prioritize risk-taking behaviors to be addressed and changed
- To identify thoughts that help to change behavior
- To learn ways to shift from negative to positive or helpful thinking
Session 7: Recognizing Fall Hazards in the Home and Community
Participants have completed the Home Safety Checklist
♦ To recognize potential fall hazards often present in the home and community
♦ To identify strategies to reduce physical hazards in the home and community
♦ To recognize the relationship between assertive behavior and fall prevention
♦ To learn how to get up and down safely

Session 8: Practicing No Fall-ty Habits & Fall Prevention: Putting It All Together
♦ To practice assertiveness skills in locating and using resources for fall prevention and seeking help after a fall
♦ To model & practice behaviors in order to eliminate risk-taking behaviors