

Breakout Sessions

SESSION 1

- **Physical Activity Program Recruitment + Retention of Older Adults**
Kari Martell, Director of Marketing and Communications, Avenidas
Gerard Manuel, Recreation Supervisor, Sunnyvale Senior Center
Susan Fent, Senior Center Director, Centennial Recreation Center and Mt. Madonna YMCA

SESSION 2

- **Designing Effective Fitness Programs for Older Adults**
Karl Knopf, Executive Director, Keep Fit Over 50

Best Practices Showcase

SESSION 3

Falls Prevention

- **A Matter of Balance**
Omay Waters-Schmeder, Physical Therapist, Kaiser Permanente Santa Rosa
- **Healthy Steps for Older Adults**
Holly Brown-Williams, Director of Policy and Health Aging Programs, Health Research for Action
- **FallProof!**
Debra Rose, Director of Balance and Mobility Programs, California State University at Fullerton and Co-Director, Center for Successful Aging

SESSION 4

Community Settings

- **Enhance Fitness and Enhance Wellness**
Susan Snyder, Program Director, Senior Services of Washington
- **Stepping Strong**
Patricia O'Brien, Director, Lifelong Fitness Alliance
- **Walkable Neighborhoods for Seniors**
Lisa Cirill, Acting Chief, California Center for Physical Activity

SESSION 5

Chronic Conditions and Care Settings

- **Healthy Moves for Aging Well**
Kristi Patton, Program Coordinator, Partners in Care Foundation
- **Strong for Life + Partners in Caring**
Candace Mindigo, Program Director, Stanford Hospital and Clinics
- **Arthritis Foundation Exercise Program**
Victoria Bruno, Community Programs Director, Arthritis Foundation