

# Stepping On

## SESSION FIVE:

### **Vision, vitamin D, calcium and transportation safety**

1. Introductions
2. Review of homework and exercises
3. Vision and falls

#### **Break (morning or afternoon beverages)**

4. Reflections of a former participant
5. Vitamin D, calcium and sunlight: bone and muscle health
6. Travel safety (bus/tram/train/airline)
7. Homework

**Don't give up, maintain your gains  
– an insurance policy for independence.**