<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:00</td>
<td>Light Continental Breakfast</td>
</tr>
<tr>
<td>9:00 - 9:15</td>
<td>Welcome, Margie Lachman</td>
</tr>
</tbody>
</table>
| 9:15 - 9:35 | Christina Matz-Costa, PI, Boston College  
*Enhancing the Health-Promoting Effects of Older Adults’ Activity Portfolios: The Development, Feasibility and Initial Efficacy of a Real-Time, Ecologically Sensitive Intervention*  |
| 9:35 - 9:55 | Elizabeth Howard, PI, Hebrew SeniorLife, Northeastern University  
*Power V360 – Promoting Optimal Wellness among EldeRs through Vitalize 360*  |
| 9:55 - 10:15 | Holly Jimison, PI (presented by Christine Gordon), Northeastern University  
*Remote Health Coaching Technology to Address Depression Risk Factors in Older Adult Populations with Health Disparities*  |
| 10:15 - 10:35 | Nancy Latham, PI, Boston University  
*Development and Testing of a Web-Based Training Module for Peer-Coaches to Promote Exercise Adherence in People with Neurological Conditions*  |
| 10:35 - 10:55 | Break                                                                   |
| 10:55 - 11:15 | Carmen Sceppa, PI, Northeastern University  
*Does Exercise-Induced Improvements in Emotion Regulation Enhance Daily Physical Activity and Well-Being in Frail Sedentary Older Adults?*  |
| 11:15 - 11:30 | Lewis Lipsitz, PI, Hebrew SeniorLife  
*Factors Influencing Adherence to a Tai Chi Exercise Intervention Among Senior Housing Residents Participating in a Clinical Trial*  |
| 11:30 - 11:45 | Lisa Quintiliani, PI, Boston University  
*A Process Evaluation of an Innovative Approach to Promote Proficiency in Nurse-Led Motivational Interviewing for Behavior Change among Older Adults*  |
| 11:45 - 12:00 | Margie Lachman, PI, Brandeis University  
*Increasing Physical Activity Among Sedentary Older Adults: What, Where, When, and With Whom*  |
| 12:00 - 1:00 | Lunch – Faculty Club                                                      |
| 1:00 - 2:00 | Keynote Speaker: Susan Hughes, Ph.D., Director of Midwest Roybal Center for Health Promotion and Translation, University of Illinois at Chicago  
*Adding Life to Years: Lessons from the UIC’s Roybal Center for Health Promotion*  |
| 2:00 - 2:20 | Nathaniel Rickles, PI, Northeastern University  
*A Community Pharmacy Exercise and Health Promotion Program (CPEHPP): Stepping Up to Improve Medication Adherence in Older Adults*  |
<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
</tr>
</thead>
</table>
| 2:20 - 2:40 | Stephanie Robinson, PI, Brandeis University

*Planning the Next Steps: Using an Implementation Intention Approach to Increase Daily Walking*

| 2:40 - 3:00 | Break |

| 3:00 - 3:20 | Jutta Wolf, PI (presented by Ashley Geiger), Brandeis University

*Increasing Physical Activity in Middle-Aged and Older Adults – A Stress Framework*

| 3:20 - 4:30 | Discussion of future directions for the Boston Roybal Center

**Meeting Adjourns**