



Live Well



Get Fit



Prevent Falls

Juniper is a network of community organizations delivering evidence-based programs across the state of Minnesota. Juniper classes help people take an active role in improving their health and quality of life.



I'm **taking charge** of my health and well-being.



Build skills and take on practices that keep you healthy.



yourjuniper.org
info@yourjuniper.org
855-215-2174 (TTY 711)
M-F 8:00 AM to 4:30 PM



Your Health.
Your Community.

Juniper helps you live well —
even with health challenges.

Are you feeling isolated or alone?

We'll schedule regular
telephone calls with you
just to check in or talk.

Call us at
855-215-2174
to schedule

Make feeling good your first priority

Juniper helps you get fit, manage your health conditions and prevent falls.

Participants in Juniper classes learn from leaders, and from each other. You'll feel heard and supported, as you take steps that work for you and your life.

- Get connected
- Stay active
- Feel better
- Be independent

Sign up today!

Some classes offered by Zoom or phone.

Live Well

- Diabetes Prevention Program
- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Aging Mastery Program
- Social Connect
- Walk with Ease



Get Fit

- Arthritis Foundation Exercise Program
- Stay Active and Independent for Life (SAIL)



Prevent Falls

- A Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance



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