



Helping you achieve your life goals.

Interactive classes that improve your skills, build your confidence and increase your ability to live a full and healthy life.

Juniper classes are for people of all ages. Consider a class if:

- You've fallen in the past or are fearful of falling
- You'd like to incorporate exercise into your routine
- You have diabetes or pre-diabetes
- You have been diagnosed with a chronic condition and want to manage the condition

Learn more and find a class near you at:

yourjuniper.org



What People Are Saying

“I’ve needed to use a cane for the last few years. After Tai Ji Quan I no longer need it!”
—Participant of Tai Ji Quan

“The workshop helped me understand that I’m not alone”.
—Participant of Living Well with Chronic Conditions

“Not only did we learn about pre-venting falls, but we had a good time doing it. It was really fun!”
—Participant of Stepping On

Evidence-Based Programs

Falls Prevention

A Matter of Balance
Tai Ji Quan: Moving for Better Balance
Stepping On
Stay Active and Independent for Life (SAIL)

Diabetes Prevention and Management

Living Well with Diabetes
Programa de Manejo Personal de la Di-abetes
Diabetes Prevention Program

Chronic Disease and Pain Management

Living Well with Chronic Pain
Living Well with Chronic Conditions
Arthritis Foundation Exercise Program
Tomando Control de su Salud

To find classes offered in your area, go to **yourjuniper.org**.