

## Program Descriptions

### LIVE WELL

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#### **Diabetes Prevention Program (DPP)**

DPP is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include eating healthier, reducing stress, and getting more physical activity to become healthier. The class meets weekly for 16 weeks and then monthly for 6 months. Each session is one hour in length. [Download an info sheet.](#) [Read about the research.](#)



Live Well

#### **Living Well with Diabetes**

If you have type 2 diabetes, Living Well with Diabetes will help you manage your health. Topics include techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, use of medication; and working with healthcare providers. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

#### **Living Well with Chronic Conditions**

Living Well with Chronic Conditions helps you deal diagnosis such as high blood pressure, heart disease, COPD, arthritis, and diabetes. Topics include dealing with frustration, fatigue, pain and isolation; exercises for improving strength, flexibility, and endurance; use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Juniper also offers Tomando Control de su Salud, a Spanish-language culturally appropriate version of Living Well with Chronic Conditions. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

#### **Living Well with Chronic Pain**

Living Well with Chronic Pain helps you manage chronic pain. Topics include dealing with frustration, fatigue, isolation, and poor sleep; exercises for maintaining and improving strength; use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

#### **Wellness Recovery Action Plan (WRAP)**

Wellness Recovery Action Plan® (WRAP) is a simple and powerful process for managing stress and finding balance in your life. The evidence-based program helps you create a daily plan for mental health and provides tools for getting back on track when you face challenges. The small-group class is offered in-person and online and is perfect for people living with depression, anxiety or a chronic health condition. [Download an info sheet.](#) [Read about the research.](#)

## GET FIT

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### Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a recreational exercise program developed by the Arthritis Foundation. Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. The program helps you improve functional ability, decrease depression, and increase confidence. The class meets for two or three times a week for eight weeks. [Download an info sheet.](#) [Read about the research.](#)



Get Fit

### Stay Active and Independent for Life (SAIL)

SAIL helps you build strength, balance, and fitness and helps you stay active and independent. Experienced and skilled class leaders demonstrate exercises that have been tested for older adults. You meet others and make new friends. Classes meet two or three times a week for one hour. [Download an info sheet.](#) [Read about the research.](#)

### Walk with Ease

Walk with Ease helps you create a routine to stay active and healthy. You'll learn a safe, relaxing and enjoyable way to make walking part of your everyday life. The class will help you increase balance, strength and walking pace; build confidence around being physically active and reduce pain and discomfort from arthritis or other health conditions. [Download an info sheet.](#) [Read about the research.](#)

## PREVENT FALLS

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### A Matter of Balance

A Matter of Balance provides practical strategies to reduce your fear of falling and increase your activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce fall risk factors, and exercise to increase strength and balance. The class meets for eight, two-hour sessions. [Download an info sheet.](#) [Read about the research.](#)



Prevent Falls

### Stepping On

Stepping On helps you increase self-confidence and self-control in situations where you are at risk of falling. It covers a range of topics, including risk factors, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review. The class meets for seven, two-hour sessions. [Download an info sheet.](#) [Read about the research.](#)

### Tai Ji Quan: Moving for Better Balance

Tai Ji Quan helps you improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements. The class meets for twelve weeks for an hour each session. [Download an info sheet.](#) [Read about the research.](#)

Find a class near you at:  
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