



Live Well



Get Fit

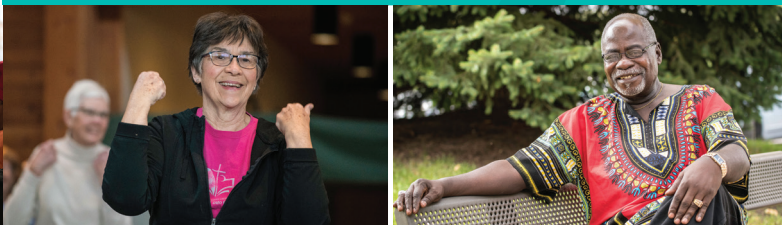


Prevent Falls

Juniper is a network of community organizations delivering evidence-based programs across 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.



Small, easy steps that add up
and keep you healthy

JUNIPER[®]
Your Health. Your Community.
A Program of TRELLIS[™]

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

JUNIPER[®]
Your Health. Your Community.
A Program of TRELLIS[™]



Do you want to connect with others in your wellness journey?

Juniper classes help you know you are not alone.

Your Health.
Your Community.

Juniper helps you live well — even with health challenges.

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
- Powerful Tools for Caregivers
- Social Connect
- Wellness Recovery Action Plan (WRAP)



Get Fit

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



Prevent Falls

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



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