

Juniper Online Classes



Classes are offered virtually via HIPAA-secure video-conferencing. No video experience necessary. We'll teach you!

UPCOMING CLASSES

Living Well with Chronic Conditions

Mondays

Mar 10 – Apr 14

9:30am-12:00pm

Stay Active and Independent for Life

Mondays, Wednesdays & Fridays

Mar 17 – May 9

5:30pm – 6:30pm

Tuesdays & Thursdays

Apr 1 – Jun 19

8:00am – 9:00am

Mondays, Wednesdays & Fridays

Apr 7 – May 30

8:30am – 9:30am

Tai Ji Quan: Moving for Better Balance – Beginner

Tuesdays & Thursdays

Apr 1 – Jun 24

9:00am – 10:00am

Tuesdays & Thursdays

Apr 8 – Jun 26

7:00pm – 8:00pm

Tai Ji Quan: Moving for Better Balance – Advanced

Mondays & Wednesdays

Mar 24 – Jun 16

10:15am – 11:15am

Tuesdays & Thursdays

Apr 8 – Jun 26

7:00pm – 8:00pm

To register, or search for additional classes, visit yourjuniper.org or call **1-855-215-2174**

Class dates and times are subject to change.

Juniper is a statewide network that helps people live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174

JUNIPER[®]
Your Health. Your Community.