

# Juniper Online Classes



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

## UPCOMING CLASSES

### **Tai Ji Quan: Moving for Better Balance**

June 8 - August 26; Mondays & Wednesdays  
1:00 PM-2:00 PM - [Register](#)

### **Social Connect**

June 10 - July 1; Mondays & Wednesdays  
10:00 AM-10:45 AM - [Register](#)

### **Aging Mastery Program**

June 15 - August 17; Mondays  
6:00 PM-7:30 PM - [Register](#)

### **Arthritis Foundation Exercise Program**

June 16 - August 6; Tuesdays & Thursdays  
10:00 AM-11:00 AM - [Register](#)

### **Aging Mastery Program**

June 17 - August 19; Wednesdays  
10:00 AM-11:00 AM - [Register](#)

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

June 23 - September 17; Tuesdays & Thursdays  
8:30 AM-9:30 AM - [Register](#)

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

June 29 - August 17;  
Mondays, Wednesdays, & Fridays  
9:30 AM-10:30 AM - [Register](#)

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

June 30 - August 4; Tuesdays  
1:00 PM-3:30 PM - [Register](#)

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

July 7 - August 11; Tuesdays  
1:00 PM-3:30 PM - [Register](#)

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

July 7 - September 24; Tuesdays & Thursdays  
8:15 AM-9:15 AM - [Register](#)

**To register**, or search for additional classes, visit [yourjuniper.org](https://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](https://yourjuniper.org) | Toll Free 1.855.215.2174

**JUNIPER**<sup>®</sup>  
Your Health. Your Community.

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## UPCOMING CLASSES

### **Diabetes Prevention Program**

July 11 – October 31; Saturdays  
9:30 AM-10:30 AM – [Register](#)

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

July 14 – August 25; Tuesdays  
1:00 PM-3:00 PM - [Register](#)

### **Living Well with Diabetes**

July 15 - August 20; Thursdays  
9:00 AM-11:30 AM – [Register](#)

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

July 15-August 26; Wednesdays  
9:00 AM-11:30 AM – [Register](#)

### **Diabetes Prevention Program**

July 24 – June 25, 2020; Fridays  
8:30 AM-9:30 AM – [Register](#)

### **Tai Ji Quan: Moving for Better Balance**

July 28 - September 10; Tuesdays & Thursdays  
10:00 AM – 11:00 AM – [Register](#)

### **Living Well with Diabetes**

August 5 – September 9; Wednesdays  
10:00 AM-12:00 PM- [Register](#)

### **Diabetes Prevention Program**

August 10 – December 7; Mondays  
11:00 AM – 12:00 PM; [Register](#)

### **Tai Ji Quan: Moving for Better Balance**

September 1 – November 19; Tuesdays  
10:30 AM – 11:30 AM– [Register](#)

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

September 15 – October 25; Tuesdays  
9:00 AM – 11:30 AM – [Register](#)

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