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

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 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 Online Classes

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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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