

# Juniper Online Classes



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

## UPCOMING CLASSES

### **Diabetes Prevention Program**

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

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

July 14 – Aug 18; Tuesdays  
1:00 PM-3:30 PM – [Register](#)

### **Diabetes Prevention Program**

July 15 – Oct 25; Wednesdays  
8:00 AM-9:00 AM – [Register](#)

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

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

### **Aging Mastery Program**

July 15 – Aug 19; Wednesdays  
10:30 AM-11:30 AM – [Register](#)

### **Living Well with Diabetes**

July 15 – Aug 19; Wednesdays  
2:30 PM-4:30 PM – [Register](#)

### **Living Well with Diabetes**

July 16 – Aug 20; Thursdays  
9:00 AM-11:30 AM – [Register](#)

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

July 20 – Aug 24; Mondays  
9:00 AM-11:30 AM – [Register](#)

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

July 21 – Aug 25; Tuesdays  
1:00 PM-3:00 PM – [Register](#)

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

July 23 – Oct 13; Tuesdays & Thursdays  
10:00 AM-11:00 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 24, 2020 – Feb 5, 2021; Fridays

8:30 AM-9:30 AM – [Register](#)

### **Living Well with Diabetes**

July 28 – Sept 1; Tuesdays

9:00 AM-11:30 AM – [Register](#)

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

July 29 – Sept 2; Wednesdays

10:00 AM-12:30 PM – [Register](#)

### **Living Well with Diabetes**

July 30 – Sept 3; Thursdays

2:00 PM-4:30 PM – [Register](#)

### **Arthritis Foundation Exercise Program**

Aug 4 – Oct 22; Tuesdays & Thursdays

9:00 AM-10:00 AM – [Register](#)

### **Living Well with Diabetes**

Aug 5 – Sept 9; Wednesdays

10:00 AM-12:30 PM – [Register](#)

### **Diabetes Prevention Program**

Aug 10 – Dec 7; Mondays

11:00 AM – 12:00 PM – [Register](#)

### **Social Connect**

Aug 11 – Sept 15; Tuesdays

8:00 AM-9:00 AM – [Register](#)

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

Aug 31 – Nov 20; Mondays & Fridays

10:00 AM-11:00 AM – [Register](#)

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

Sept 1 – Nov 19; Tuesdays & Thursdays

10:30 AM-11:30 AM – [Register](#)

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