NO|FALLS Minnesota Campaign

February 2022

**Sample Text for Email A**

Move more easily, sleep better and reduce your risk of falling! Juniper offers free and low-cost classes to help increase strength, balance and fitness so you can enjoy more activity in your everyday life.

Learn how Juniper classes can help you feel your best at [yourjuniper.org](https://yourjuniper.org/) or by calling 855-215-2174.

**Sample Text for Email B**

Increase your self-confidence and self-control! Juniper offers free and low-cost classes to help increase your activity, build strength and improve balance to reduce your risk of falling.

Learn how Juniper classes can help you feel your best at [yourjuniper.org](https://yourjuniper.org/) or by calling 855-215-2174.

**Sample Text for Email C**

Take charge of your health and life! Juniper offers free and low-cost classes to help you live well, get fit and prevent falls.

Learn how Juniper classes can help you feel your best at [yourjuniper.org](https://yourjuniper.org/) or by calling 855-215-2174.

**Sample Text for Credits**

Juniper classes are offered across Minnesota. The [Minnesota Department of Health](https://www.health.state.mn.us/), [Minnesota Board on Aging](https://mn.gov/board-on-aging/), [Minnesota State Fire Marshal](https://dps.mn.gov/divisions/sfm/Pages/default.aspx) and [Minnesota Association of Area Agencies on Aging](https://mn4a.org/) are collaborators in the NO|FALLS Minnesota campaign.