

Get strong

Improve balance, build strength
and reduce your risk of falling.



Juniper® offers free
and low-cost classes that
help you feel your best.

yourjuniper.org | **855-215-2174**

NO|FALLS
MINNESOTA

Juniper offers classes across Minnesota in partnership with the
Minnesota Department of Health, Minnesota Board on Aging,
Minnesota State Fire Marshal and Minnesota Association of Area Agencies on Aging