

# Improve balance

Build strength,  
feel good and  
reduce your  
risk of falling.



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

[yourjuniper.org](https://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**