

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 | **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**