NO|FALLS Minnesota Campaign

February 2022

**Sample Posts - Get Strong**

Small moves can reap big rewards! Whether in-person or from the comfort of your own home, Juniper’s free and low-cost classes can help you increase strength, balance and fitness so you can enjoy more activity in your everyday life. Learn more at yourjuniper.org #NoFallsMN

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 more >> yourjuniper.org #NoFallsMN

“Before Juniper, I’ve never been able to maintain an exercise program for more than a year!”—Juniper class participant. A Juniper class can help you increase your strength, balance and fitness so you can enjoy more activity in your everyday life. Learn more about these free and low-cost classes at yourjuniper.org #NoFallsMN

Want to be able to keep up with your grandchildren? A Juniper class can help you increase your strength, balance and fitness so you can enjoy more activity in your everyday life! Learn more about Juniper’s free and low-cost classes at yourjuniper.org #NoFallsMN

According to the CDC, Minnesota ranks #4 in the country for deaths from falls. Learn how Juniper’s free and low-cost classes can increase strength, balance and fitness so you can enjoy falls-free activity in your everyday life. More at yourjuniper.org #NoFallsMN [Source: cdc.gov/falls/data/fall-deaths.html]

**Sample Posts - Improve Balance**

Take a step toward better stability! Whether in-person or from the comfort of your own home, Juniper’s free and low-cost classes can help you increase your activity, build strength and improve balance to reduce your risk of falling. Learn more at yourjuniper.org #NoFallsMN

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 more >> yourjuniper.org #NoFallsMN

“Juniper classes really fill a need. Falls are a huge danger for me. My class is very important to me having a normal life.”—Juniper class participant A Juniper class can help you increase your activity, build strength and improve balance to reduce your risk of falling! Learn more about these free and low-cost classes at yourjuniper.org #NoFallsMN

Want to travel and freely move about? We can help you increase your activity, build strength and improve balance! Learn more about Juniper’s free and low-cost classes at yourjuniper. org #NoFallsMN

Did you know that every 11 seconds an older adult is treated in the emergency room for a fall? Don’t let that be you! Learn how Juniper’s free and low-cost classes can help increase your activity, build strength and improve balance to reduce your risk of falling. More at yourjuniper.org #NoFallsMN [Source: [ncoa.org/article/falls-prevention-programs-saving-lives-saving-money-infographic](https://ncoa.org/article/falls-prevention-programs-saving-lives-saving-money-infographic)]

**Sample Posts - Feel Good**

Make the move toward getting active! Whether in-person or from the comfort of your own home, Juniper’s free and low-cost classes can help you live well, get fit and prevent falls. Learn more at yourjuniper.org #NoFallsMN

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 more >> yourjuniper.org #NoFallsMN

“My Juniper class literally keeps me going! I’ve had lots of physical therapy and recognize every little thing in the class as beneficial to me leading a normal life.”— Juniper class participant A Juniper class can help you live well, get fit and keep doing the things you love! Learn more about these free and low-cost classes at yourjuniper.org #NoFallsMN

Want to keep doing all the things you love to do? A Juniper class can help you live well, get fit and prevent falls! Learn more about Juniper’s free and low-cost classes at yourjuniper.org #NoFallsMN

95% of hip fractures are caused by falls. There are ways you can prevent this! Learn how Juniper’s free and low-cost classes can help you live well, get fit and prevent falls. More at yourjuniper.org #NoFallsMN [Source: [cdc.gov/homeandrecreationalsafety/falls/ adulthipfx.html](https://www.cdc.gov/homeandrecreationalsafety/falls/adulthipfx.html)]