

Juniper Online Classes



Classes are offered virtually via HIPAA-secure video-conferencing. No video experience necessary. We'll teach you!

UPCOMING CLASSES

Stay Active and Independent for Life (SAIL)

June 29 - August 21;
Mondays, Wednesdays, & Fridays
9:30 AM-10:30 AM – [Register](#)

Living Well with Chronic Pain

July 1 – August 5; Wednesdays
1:00 PM-3:30 PM – [Register](#)

Tai Ji Quan: Moving for Better Balance

July 6 - September 30; Mondays &
Wednesdays
1:00 PM-2:00 PM – [Register](#)

Living Well with Chronic Pain

July 7 - August 18; Tuesdays
1:00 PM-3:30 PM – [Register](#)

Aging Mastery Program

July 8 – August 12; Wednesdays
10:30 AM-11:30AM - [Register](#)

Stay Active and Independent for Life (SAIL)

July 9 – September 29; Tuesdays & Thursdays
8:15 AM-9:15 AM – [Register](#)

Stay Active and Independent for Life (SAIL)

July 10 – September 2; Mondays, Wednesdays,
and Fridays
10:00 AM-11:00 AM – [Register](#)

Diabetes Prevention Program

July 11 – October 31; Saturdays
9:30 AM-10:30 AM – [Register](#)

Living Well with Chronic Pain

July 15-August 26; Wednesdays
9:00 AM-11:30 AM – [Register](#)

Living Well with Diabetes

July 15-August 19; Wednesdays
2:30 PM-4:30 PM – [Register](#)

To register, or search for additional classes,
visit yourjuniper.org or call **1-855-215-2174**

Class dates and times are
subject to change.

Juniper is a statewide network that helps
people live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174



This event, class, activity or matter is not sponsored or endorsed by White Bear Lake Area School District 624 and this information was not printed at District expense.

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UPCOMING CLASSES

Living Well with Diabetes

July 16-August 20; Thursdays
9:00 AM-11:30AM – [Register](#)

Living Well with Chronic Pain

July 20 – August 24; Mondays
9:00 AM-11:30AM – [Register](#)

Living Well with Chronic Conditions

July 21 – August 25; Tuesdays
1:00 PM-3:00 PM – [Register](#)

Diabetes Prevention Program

July 24, 2020 – June 25, 2021; Fridays
8:30 AM-9:30 AM – [Register](#)

Living Well with Chronic Conditions

July 29th – September 2nd; Wednesdays
10:00 AM-12:30 PM – [Register](#)

Living Well with Diabetes

July 28 – September 1; Tuesdays
9:00 AM-11:30 AM – [Register](#)

Arthritis Foundation Exercise Program

August 4-October 22; Tuesdays & Thursdays
9:00 AM-10:00 AM – [Register](#)

Living Well with Diabetes

August 5 – September 9; Wednesdays
10:00 AM-12:30 PM – [Register](#)

Diabetes Prevention Program

August 10 – December 7; Mondays
11:00 AM – 12:00 PM – [Register](#)

Tai Ji Quan: Moving for Better Balance

September 1 – November 19; Tuesdays
10:30 AM – 11:30 AM – [Register](#)

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JUNIPER[®]
Your Health. Your Community.