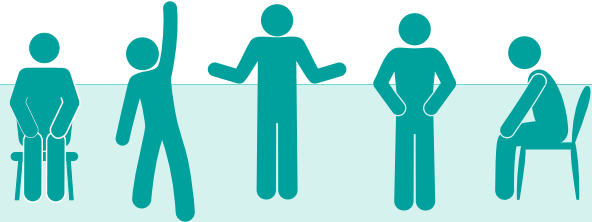


A Quick-Start Guide for Referrers



Juniper equips people to take charge of their health.

Juniper In-Person Classes

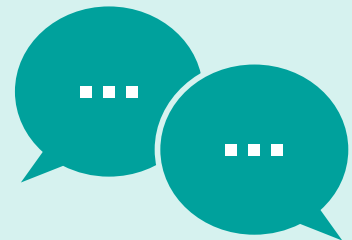
Juniper offers small-group health promotion classes in communities across the state of Minnesota. Classes are research-based and hosted by local organizations. The classes are led by Juniper-certified leaders.

Juniper Online Classes

Juniper online classes are live on a HIPAA-secure video platform. Juniper leaders are trained to ensure that the experience is engaging and that sensitive information remains confidential.

Inform Members

Everyone is eligible to take a free or low-cost Juniper class. The classes help people manage chronic conditions, get fit, and prevent falls. They also help people feel connected and supported – that they are not in it alone.



Why Juniper?

People should consider taking a Juniper class if they:

- Have been diagnosed with diabetes, arthritis, high blood pressure, heart disease, depression, anxiety, or another chronic condition
- Experience chronic pain
- Have fallen in the past or are fearful of falling
- Feel a need for social connection





Live Well

- Aging Mastery Program
- Diabetes Prevention Program
- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Social Connect



Get Fit

- Arthritis Foundation Exercise Program
- Stay Active and Independent for Life (SAIL)



Prevent Falls

- A Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance

See a list of program descriptions at yourjuniper.org/programs

Research-Based

Every Juniper course offers high-quality, research based content, presented by Juniper trained and certified leaders.



Classes Get Results

Participants give Juniper classes high marks. In one participant's words: "This is the best thing I've done for myself in five years." They say they eat healthier, get more physical activity, are better able to work with healthcare professionals, and feel better about their health.



See what participants say about Juniper classes at bit.ly/JuniperComments.

How to Refer

It's easy to refer a patient, client, or friend to Juniper:

- > Online at yourjuniper.org/Referrals/Create
- > Call 1-855-215-2174

