



A body in motion stays in motion

Join us May 25 for a fitness sampler

Learn about Juniper classes —**Stay Active and Independent for Life (SAIL)** and **Tai Ji Quan: Moving for Better Balance** — and how they can help you feel your best. Try out some of the moves and have a chance to ask questions of our trained leaders.

May 25 is National Senior Fitness Day. It's a great day to kick-start your summer fitness routine.

May 25
3:30–4:30 p.m.

online via Zoom

Register

or call
855-215-2174

[www.yourjuniper.org/be-well/
fitness-sampler-may-25/](http://www.yourjuniper.org/be-well/fitness-sampler-may-25/)

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Find a class at:

yourjuniper.org

855-215-2174 (TTY 711)