

# Program Descriptions

## LIVE WELL

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### **Aging Mastery Program**

The Aging Mastery Program® (AMP) informs, encourages, and supports you in taking steps to improve your life and engage in your community. The program empowers you to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage your health, maintain economic security, and contribute in society. AMP offers 10 core sessions, each 90 minutes in length. [Developed by the National Council on Aging.](#)



Live Well

### **Diabetes Prevention Program (DPP)**

DPP is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include eating healthier, reducing stress, and getting more physical activity to become healthier. The class meets weekly for 16 weeks and then monthly for 6 months. Each session is one hour in length. Download an info sheet. Read about the research.

### **Living Well with Diabetes**

If you have type 2 diabetes, Living Well with Diabetes will help you manage your health. Topics include techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, use of medication; and working with healthcare providers. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

### **Living Well with Chronic Conditions**


Living Well with Chronic Conditions helps you deal diagnosis such as high blood pressure, heart disease, COPD, arthritis, and diabetes. Topics include dealing with frustration, fatigue, pain and isolation; exercises for improving strength, flexibility, and endurance; use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Juniper also offers Tomando Control de su Salud, a Spanish-language culturally appropriate version of Living Well with Chronic Conditions. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

### **Living Well with Chronic Pain**

Living Well with Chronic Pain helps you manage chronic pain. Topics include dealing with frustration, fatigue, isolation, and poor sleep; exercises for maintaining and improving strength; use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. The class meets for six, two-and-one-half hour sessions. [Download an info sheet.](#) [Read about the research.](#)

### **Social Connect**

Social Connect is a facilitated, small group gathering that you join by video conferencing or phone. Participants do gentle movement, learn about ways to reduce stress and feel their best, and connect with peers. It meets for 45 minutes, twice a week for three weeks. The class combines gentle movement, relaxation techniques, and group interaction. [Learn more.](#)

 All Live Well classes may be held via HIPAA secure telephonic platform. Program materials will be mailed to member.

## GET FIT

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Get Fit

### Arthritis Foundation Walk with Ease Program

The Arthritis Foundation Walk with Ease Program is for people with arthritis and other ongoing health problems to learn how to start walking safely and stick with it. Research has shown the program may help reduce arthritis pain and stiffness, increase stamina, strength and balance and increase confidence. Class is available as a group program or as a self-directed program.

### Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a recreational exercise program developed by the Arthritis Foundation. Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. The program helps you improve functional ability, decreased depression, and increased confidence. The class meets for two or three times a week for eight weeks. [Download an info sheet.](#) [Read about the research.](#)

### Stay Active and Independent for Life (SAIL)

SAIL helps you build strength, balance, and fitness and helps you stay active and independent. Experienced and skilled class leaders demonstrate exercises that have been tested for older adults. You meet others and make new friends. Classes meet two or three times a week for one hour. [Download an info sheet.](#) [Read about the research.](#)

## PREVENT FALLS

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### A Matter of Balance

A Matter of Balance provides practical strategies to reduce your fear of falling and increase your activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce fall risk factors, and exercise to increase strength and balance. The class meets for eight, two-hour sessions.

[Download an info sheet.](#) [Read about the research.](#)



Prevent Falls

### Stepping On

Stepping On helps you increase self-confidence and self-control in situations where you are at risk of falling. It covers a range of topics, including risk factors, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review. The class meets for seven, two-hour sessions. [Download an info sheet.](#) [Read about the research.](#)

### Tai Ji Quan: Moving for Better Balance

Tai Ji Quan helps you improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements. The class meets for twelve weeks for an hour each session.

[Download an info sheet.](#) [Read about the research.](#)

Find a class near you at:  
[yourjuniper.org](http://yourjuniper.org) | 1-855-215-2174 | [info@yourjuniper.org](mailto:info@yourjuniper.org)