



# Social Connect

Calm your body and celebrate  
the good things in life.



COVID-19 is making it  
harder to stay connected.  
Isolation and loneliness  
have adverse effects  
on your health.

**Social Connect** is a facilitated, small group gathering. You'll do gentle movements, learn about ways to reduce stress and feel your best, and connect with others.

Join the 45-minute session by phone or live video. Register to receive detailed instructions.

All participants must have audio and visual technology capabilities.

To register call 1-855-215-2174 or go to [www.yourjuniper.org/Classes/Register/2213](http://www.yourjuniper.org/Classes/Register/2213)

#### Session Schedule:

- Session 0 – Monday, December 7<sup>th</sup>  
In this session we will meet each other and practice using Zoom.
- Session 1 - Monday, December 14<sup>th</sup>
- Session 2 - Monday, December 21<sup>st</sup>
- Session 3 - Monday, January 4<sup>th</sup>
- Session 4 - Monday, January 11<sup>th</sup>
- Session 5 - Monday, January 18<sup>th</sup>
- Session 6 - Monday, January 25<sup>th</sup>

**Time:** 10:00 AM to 11:00 AM

**Location:** Online, HIPAA secure Zoom

**Juniper** is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

[yourjuniper.org](http://yourjuniper.org)

Toll Free 1.855.215.2174



METROPOLITAN AREA AGENCY  
ON  
**AGING**