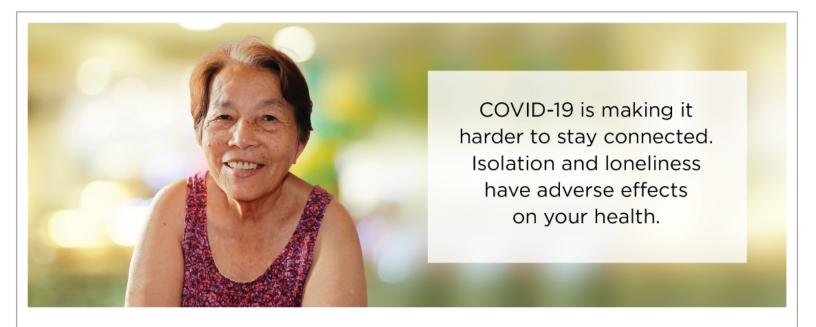


## **Social Connect**

Calm your body and celebrate the good things in life.



**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

## 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 14th

Session 2 - Monday, December 21st

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 25th

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
Toll Free 1.855.215.2174



