



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.

Wednesday, May 13, 2020

10:00 am – 10:45 am

Mondays & Wednesdays
thru
June 8th

For Registration contact: Steve Hoover, Central MN Council on Aging
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320.253.9349

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

yourjuniper.org

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