

Church of SAINT JOSEPH

12 WEST MINNESOTA STREET • ST. JOSEPH, MN 56374

Health and Wellness Programming

Achieve better health at Church of St Joseph. Group exercise classes here offer:

- **Social opportunities:** make new friends, spend time with old friends, and have fun exercising in a group!
- **Motivation:** working out with others challenges you to workout harder.
- **Physical benefits:** including increased muscular strength & endurance, and improved flexibility.
- **Accountability:** a group setting is a great way to keep yourself accountable to attend class.

To learn more about upcoming, check Weekly bulletin or www.yourjuniper.org

Diabetes Prevention Program

Lifestyle Coaching Program

STARTS SOON!!

January 27, 2020 - May 11, 2020

11:00 AM - 12:00 PM OR 2:45 PM to 3:45 PM

Cost: Donation

Class Leader: Nursing Students from College of St. Ben's/ St. John's

The Diabetes Prevention Program is typically a yearlong program. This series will be for 16 weeks offered by the students of the nursing program of the College of St. Ben's/ St. John's. This is a lifestyle coaching program to learn to make healthier choices and to become a little more active with the help of the Lifestyle coaches, group support. Expect to weigh in each week, track your food, and receive the support you need to live a healthier life. . Register now - Believe in yourself you can make a healthier choice!

REGISTER ONLINE at www.yourjuniper.org
or email/ call Paula Woischke—
paula.woischke@cmcoa.org/ 320-253-9349

EnhanceFitness

Date: Wednesdays

Time: 1:00-2:00 p.m.

Improve cardiovascular endurance, strength, balance, flexibility, all while having fun! Achieve better health & function at any age.

Cost: Punch card—purchase at class (\$3.50/class) or Silver&Fit or Silver Sneakers program and membership fee to Whitney. Call Whitney Senior Center front desk for questions—320-255-7245 or come try your first class for FREE