



80% of adults have chronic conditions such as hypertension, arthritis, diabetes, chronic pain, depression or anxiety. These conditions can be managed with simple, proven lifestyle changes.

Juniper is looking for people to become class leaders who educate, motivate and inspire. No experience? No worries! We will train. Leaders facilitate a six-week workshop that empowers those living with ongoing health issues to learn the skills to increase their quality of life. Workshops are taught by 2 trained facilitators, some who have health conditions themselves.

Living Well with Chronic Pain Cross Training

March 11-12 , 8:00 AM to 4:30 PM

St. Louis County Public Safety Building
2030 N Arlington Ave, Duluth

Living Well with Diabetes Cross Training

April 30 , 8:00 AM to 4:30 PM

Arrowhead Area Agency on Aging
221 W 1st St Duluth, MN 55811

Living Well with Chronic Conditions is a required pre-requisite for cross trainings

Cost: \$100 for Chronic Pain; \$50 for Diabetes. Limited Scholarships available.

Register Today!

www.arrowheadaging.org/registration

or contact Georgia Lane
218-529-7525 or glane@yourjuniper.org

The Ideal Leader Should:

- Have personal experience living or working with chronic pain, diabetes or other chronic conditions.
- Not be fearful of public speaking
- Be comfortable with presenting the program strictly as written in the leader's manual
- Commit to co-facilitating at least one workshop every year.

Workshops offered through Juniper ® — a statewide network that helps people manage chronic health conditions, prevent falls, and foster wellbeing.