

New Classes and new times are highlighted below!



S.C.A.L.E. is sponsored by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)</p>	<p>4</p> <p>11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke)</p>	<p>5</p> <p>12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>6</p> <p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>7</p>
<p>10</p> <p>11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)</p>	<p>11</p> <p>11:00 Nutrition and Health (Mary Ann Workman) 12:00 Ask Your Pharmacist Bring Your Medications (Karrie Juengel) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke)</p>	<p>12</p> <p>11:00 Healthy Heart (Mary Ann Workman) 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>13</p> <p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise Easter Family Fun Day Easter Egg Coloring 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) <i>Upstairs</i> 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>14</p>
<p>17</p> <p>11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Self Esteem BINGO (Wendy Francke)</p>	<p>18</p> <p>11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i></p>	<p>19</p> <p>11:00 Adult Coloring (Mary Ann) 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>20</p> <p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise Planting Seeds 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>21</p>
<p>24</p> <p>11:00 Pre-Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)</p>	<p>25</p> <p>11:00 Nutrition and Health (Mary Ann Workman) 12:00 Super Couponing (Autumn Faulkner) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke)</p>	<p>26</p> <p>11:00 Lets Get Moving !!!(Mary Ann Workman) 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>27</p> <p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i></p>	<p>28</p>