

JUNE

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
			1 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) Upstairs 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	2
5 11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)	6 11:00 Nutrition and Cooking (WVU Extension Service) 12:00 Lets Get Moving !!! (Mary Ann) 1:00 Improve Your Mood (Wendy Francke) Downstairs 2:00 Recovery From Addictions (Wendy Francke) Downstairs	7 11:00 Understanding Your Living Will and Medical Power of Attorney (Patrick Murphy) 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	8 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	9
12 11:00 Diabetes (Mary Ann Workman) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Self Esteem BINGO (Wendy Francke)	13 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) Downstairs 2:00 Recovery From Addictions (Wendy Francke) Downstairs	14 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	15 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	16
19 11:00 Pre-Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)	20 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) Downstairs 2:00 Recovery From Addictions (Wendy Francke) Downstairs	21 12:00 Diabetes (Becky Flagherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	22 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise/ Family Fun Day 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	23
26 11:00 Diabetes (Mary Ann Workman) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)	27 11:00 Super Couponing (Autumn Faulkner) 12:00 Financial Goal Setting (Rich Mills) 1:00 Improve Your Mood (Wendy Francke) Downstairs 2:00 Recovery From Addictions (Wendy Francke) Downstairs	28 11:00 Lets Get Moving !!! (Mary Ann Workman) 12:00 Diabetes (Becky Flagherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	29 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) Downstairs	30