

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 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)	2 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)	3 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	4 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 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>	5
8 11:00 Diabetes (Mary Ann Workman) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)	9 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)	10 11:00 Sweet Dreams—Sleep Hygiene (Mary Ann Workman) 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	11 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	12
15 11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Self Esteem BINGO (Wendy Francke)	16 11:00 Nutrition and Cooking (WVU Extension Service) 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>	17 11:00 Adult Coloring (Mary Ann) 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	18 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	19
22 11:00 Pre-Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Recovery BINGO (Wendy Francke)	23 11:00 Nutrition and Cooking (WVU Extension Service) 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)	24 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	25 11:00 -1:00 S.C.A.L.E. Teaching Kitchen- "Picnic" Family Fun Day / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>	26
29 Memorial Day CLINIC CLOSED	30 11:00 Nutrition and Cooking (WVU Extension Service) 12:00 Super Couponing (Autumn Faulkner) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke)	31 11:00 Lets Get Moving !!! (Mary Ann Workman) 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i>		