

# October 2017



**New Classes and new times are highlighted below!**

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

AstraZeneca HealthCare Foundation  
**Connections for Cardiovascular Health<sup>SM</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Healthy Relationship BINGO</u> (Wendy Francke)</p>	<p>3</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>4</p> <p>12:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>5</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>6</p>
<p>9</p> <p><b>Columbus Day Clinic Closed</b></p>	<p>10</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>11</p> <p>12:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>12</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:00 <u>Diabetes / S.C.A.L.E.</u> (Linda St Clair) <i>Upstairs</i></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>13</p>
<p>16</p> <p>11:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Self Esteem BINGO</u> (Wendy Francke)</p>	<p>17</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>18</p> <p>12:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>19</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>20</p>
<p>23</p> <p>11:00 <u>Pre-Diabetes</u> (Karrie Juengel)</p> <p>12:00 <u>S.C.A.L.E.</u> (Mary Ann Workman)</p> <p>1:00 <u>Recovery BINGO</u> (Wendy Francke)</p>	<p>24</p> <p>11:00 <u>Nutrition and Health</u> (Mary Ann Workman)</p> <p>12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>25</p> <p>12:00 <u>Diabetes</u> (Becky Flaherty)</p> <p>1:00 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>26</p> <p>11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise / Family Fun Day Halloween Party</u></p> <p>5:30 <u>Puffer Snuffers Smoking Cessation</u> (Jeff Crist) <i>Downstairs</i></p>	<p>27</p>
<p>30</p> <p>11:00 <u>Diabetes</u> (Karrie Juengel)</p> <p>12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)</p> <p>1:00 <u>Social Skills BINGO</u> (Wendy Francke)</p>	<p>31</p> <p>11:00 <u>The Skinny on Artificial Sweetners</u> (Cindy Kascic)</p> <p>12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman)</p> <p>1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i></p> <p>2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i></p>	<p>27</p>	<p>28</p>	<p>29</p>