

Class Information

- **Classes Are Free!**
- Pre-registration is not required
- Classes are at WV Health Right Health
- 1520 Washington St. E, Charleston WV 25311



S.C.A.L.E.®
is sponsored by:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular Health™

New Classes and new
times are highlighted

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00-1:00 Diabetes (Karrie Murphy) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow) 2:00-3:00 Naloxone Class	2 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	3 2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)
6 11:00-12:00 Diabetes (Larry Snidow) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Resiliency BINGO (Wendy Francke)	7 11:00-12:00 Nutrition and Health (Larry Snidow) 12:00-1:00 Let's Get Moving (Larry Snidow) 1:00-2:00 Improve Your Mood (Wendy Francke) 2:00-3:00 Recovery From Addictions (Wendy Francke)	8 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00-1:00 Diabetes (Karrie Murphy) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow) 2:00-3:00 Naloxone Class	9 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington) 5:00-6:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00-6:00 Puffer Snuffers Smoking Cessation Dental Waiting Room Larry Snidow	10 2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)
13 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Resiliency BINGO (Wendy Francke)	14 11:00-12:00 Nutrition and Health (Larry Snidow) 12:00-1:00 Let's Get Moving (Larry Snidow) 1:00-2:00 Improve Your Mood (Wendy Francke) 2:00-3:00 Recovery From Addictions (Wendy Francke)	15 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00-1:00 Diabetes (Larry Snidow) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	16 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	17 2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)
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27 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Social Skills BINGO (Wendy Francke)	28 11:00-12:00 Nutrition and Health (Larry Snidow) 12:00-1:00 Let's Get Moving (Larry Snidow) 1:00-2:00 Improve Your Mood (Wendy Francke) 2:00-3:00 Recovery From Addictions (Wendy Francke)	29 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00-1:00 Diabetes (Larry Snidow) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	30 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	31 2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)