

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
2 11:00 Diabetes D.I.E.T. Medication Safety/Sick Day Management (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Social Skills BINGO (Wendy Francke)	3 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) 2:00 Beyond Addiction: A Family Affair (Wendy Franke)	4 12:00 Diabetes D.I.E.T. Medication Safety/Sick Day Management (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i> 2:00 Recovery From Addictions (Wendy Franke)	5 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ EasyExercise 5:00 Diabetes D.I.E.T. Medication Safety/Sick Day Management (Karrie Juengel) 5:30 Puffer Snuffers Smoking Cessation (<i>Downstairs</i>)	6
9 11:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Mary Ann Workman) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)	10 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! Chair Yoga (Stephanie Hyre) 1:00 Improve Your Mood (Wendy Francke) 2:00 Beyond Addiction: A Family Affair (Wendy Franke)	11 12:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i> 2:00 Recovery From Addictions (Wendy Franke)	12 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/Easy Exercise 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:30 Puffer Snuffers Smoking Cessation	13
16 11:00 Diabetes D.I.E.T. Medication Safety/Sick Day Management (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Anger Management BINGO (Wendy Francke)	17 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 Beyond Addiction: A Family Affair (Wendy Franke)	18 12:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Mary Ann Workman) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i> 2:00 Recovery From Addictions (Wendy Franke)	19 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Kick Off Survival Skills (Karrie Juengel) 5:30 Puffer Snuffers Smoking Cessation	20
23 11:00 Diabetes D.I.E.T. Eating Right Using Technology (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Resiliency BINGO (Wendy Francke)	24 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 Beyond Addiction: A Family Affair (Wendy Franke)	25 12:00 Diabetes D.I.E.T. Medication Safety/Sick Day Management (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i> 2:00 Recovery From Addictions (Wendy Franke)	26 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise 5:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel) 5:30 Puffer Snuffers Smoking Cessation	27
30 11:00 Pre-Diabetes D.I.E.T (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St Clair) 1:00 Social Skills BINGO (Wendy Francke)				