

Class Information

- **Classes Are Free!**
- Pre-registration is not required
- Classes are at WV Health Right Health Education Classroom 1520 Washington St. E, Charleston WV 25311
- Questions? (304)414-5925



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



New Classes and new times are highlighted below!

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Anger BINGO (Wendy Francke) <i>Downstairs</i>	2 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) <i>Downstairs</i> 2:00-3:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	3 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00-1:00 Diabetes (Karrie Murphy) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	4 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00-6:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	5 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
8 11:00-12:00 Diabetes (Larry Snidow) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Anger BINGO (Wendy Francke) <i>Downstairs</i>	9 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) <i>Downstairs</i> 2:00-3:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	10 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00-1:00 Diabetes (Karrie Murphy) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	11 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00-6:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	12 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
15 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Healthy Relationships BINGO (Wendy Francke) <i>Downstairs</i>	16 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) <i>Downstairs</i> 2:00-3:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	17 11:00-2:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00-1:00 Diabetes (Karrie Murphy) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow) 2:00-3:00 Naloxone Training (Karrie Murphy)	18 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	19 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
22 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 Healthy Relationships BINGO (Wendy Francke) <i>Downstairs</i>	23 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) <i>Downstairs</i> 2:00-3:00 Recovery From Addictions (Wendy Francke)	24 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00-1:00 Diabetes (Larry Snidow) 1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	25 11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow) 4:00-5:00 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	26 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
29 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St Clair) 1:00-2:00 Recovery BINGO (Wendy Francke) <i>Downstairs</i>	30 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) <i>Downstairs</i> 2:00-3:00 Recovery From Addictions (Wendy Francke)			