

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

December

Happy Holidays!

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



New Classes and new times are highlighted below!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Hanukkah 3</p> <p>11:00 - 12:00 Diabetes (Karrie Murphy)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00 - 2:00 Resiliency BINGO (Wendy Francke)<i>Downstairs</i></p>	<p>4</p> <p>11:00 - 12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00 2:00 Improve Your Mood (Wendy Francke)<i>Downstairs</i></p> <p>2:00 3:00 Recovery From Addictions (Wendy Francke)<i>Downstairs</i></p>	<p>5</p> <p>11:00 - 12:00 Beyond Addiction: A Family Affair (Wendy Francke)<i>Downstairs</i></p> <p>12:00 - 1:00 Diabetes (Karrie Murphy)</p> <p>1:00 - 2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>6</p> <p>11:00 - 1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow)</p> <p>4:30 - 5:30 Recovery 101 (Jennifer Fazzolari)</p> <p>5:00 - 6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>7</p> <p>1:00 - 2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)</p>
<p>10</p> <p>11:00 - 12:00 Diabetes (Larry Snidow)</p> <p>12:00 - 1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00 - 2:00 Resiliency BINGO (Wendy Francke)<i>Downstairs</i></p>	<p>11</p> <p>11:00 - 12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00 Improve Your Mood (Wendy Francke)<i>Downstairs</i></p> <p>2:00 Recovery From Addictions (Wendy Francke)<i>Downstairs</i></p>	<p>12</p> <p>11:00 - 12:00 Beyond Addiction: A Family Affair (Wendy Francke)<i>Downstairs</i></p> <p>12:00 - 1:00 Diabetes (Karrie Murphy)</p> <p>1:00 - 2:00 Naloxone Training (Karrie Murphy) <i>Downstairs</i></p> <p>1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>13</p> <p>11:00 - 1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow)</p> <p>4:30 - 5:30 Recovery 101 (Jennifer Fazzolari)</p> <p>5:00 - 6:00 Diabetes / S.C.A.L.E. (Linda St Clair)</p> <p>5:00 - 6:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)</p>	<p>14</p> <p>1:00 - 2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)</p>
<p>17</p> <p>11:00 - 12:00 Diabetes (Karrie Murphy)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00 - 2:00 Resiliency BINGO (Wendy Francke)<i>Downstairs</i></p>	<p>18</p> <p>11:00 - 12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00 - 1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00 - 2:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i></p> <p>2:00 - 3:00 Recovery From Addictions (Wendy Francke)<i>Downstairs</i></p>	<p>19</p> <p>11:00 12:00 Beyond Addiction: A Family Affair (Wendy Francke)<i>Downstairs</i></p> <p>12:00 1:00 Diabetes (Larry Snidow)</p> <p>1:00 2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>20</p> <p>11:00 - 1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow)</p> <p>4:30 - 5:30 Recovery 101 (Jennifer Fazzolari)</p> <p>5:00 - 6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>21</p> <p>1:00 - 2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>1:00 - 2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)</p>
<p>31</p> <p>12:00 - 1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00 - 2:00 Social Skills BINGO (Wendy Francke) <i>Downstairs</i></p>				

Merry Christmas