

New Classes and new times are highlighted below!



December 2017

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

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
<p>11:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p> <p>12:00 S.C.A.L.E. (Linda St.Clair)</p> <p>1:00 Healthy Relationship BINGO (Wendy Francke)</p>	<p>11:00 Nutrition and Health (Mary Ann Workman)</p> <p>12:00 Lets Get Moving !!! (Mary Ann Workman)</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>5:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p>	<p>12:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p> <p>1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i></p>	<p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise</p> <p>5:00 Diabetes / S.C.A.L.E. Holiday Party (Linda St Clair)</p> <p>5:30 Puffer Snuffers Smoking Cessation <i>Downstairs</i></p>	
11	12	13	14	15
<p>11:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p> <p>12:00 S.C.A.L.E. (Mary Ann Workman)</p> <p>1:00 Anger Management BINGO (Wendy Francke)</p>	<p>11:00 Nutrition and Health (Mary Ann Workman)</p> <p>12:00 Lets Get Moving !!! (Mary Ann Workman)</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>5:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p>	<p>12:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p> <p>1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i></p> <p>2:00 Asthma and COPD Management (Steve Hall)</p>	<p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise</p> <p>5:30 Puffer Snuffers Smoking Cessation (<i>Downstairs</i>)</p>	
18	19	20	21	22
<p>11:00 Pre-Diabetes D.I.E.T. Kick Off (Karrie Juengel)</p> <p>12:00 S.C.A.L.E. (Linda St Clair)</p> <p>1:00 Recovery BINGO (Wendy Francke)</p>	<p>11:00 Nutrition and Health (Mary Ann Workman)</p> <p>12:00 Lets Get Moving !!! (Mary Ann Workman)</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>5:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)</p>	<p>12:00 Diabetes (Becky Flaherty)</p> <p>1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i></p>	<p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Family Fun Day: Holiday Party</p> <p>5:30 Puffer Snuffers Smoking Cessation (<i>Downstairs</i>)</p>	
25	26	27	28	29
<p>Christmas Holiday Clinic Closed</p>	<p>Christmas Holiday Clinic Closed</p>	<p>12:00 Diabetes (Mary Ann Workman)</p> <p>1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i></p>	<p>11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise</p> <p>5:30 Puffer Snuffers Smoking Cessation <i>Downstairs</i></p>	