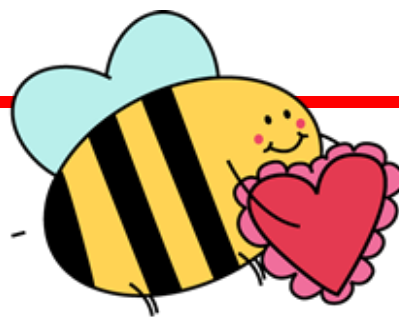


2018



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

New Classes and new
times are highlighted
below!

FEBRUARY

AstraZeneca HealthCare Foundation
**Connections for
Cardiovascular HealthSM**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ EasyExercise 5:00 Diabetes D.I.E.T. Eating Right and Using Technology (Karrie Juengel) 5:30 Puffer Snuffers Smoking Cessation (Downstairs)	2
5 11:00 Diabetes D.I.E.T. Eating Right and Using Technology (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)	6 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 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	7 12:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	8 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/Easy Exercise Valentine Party 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:30 Puffer Snuffers Smoking Cessation (Downstairs)	9
12 11:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Anger Management BINGO (Wendy Francke)	13 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 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	14 12:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	15 11:00 -1:00 S.C.A.L.E. Teaching Kitchen /EasyExercise Special Guest Jamie Bero 5:00 Diabetes D.I.E.T. Eating Right and Using Technology (Karrie Juengel) 5:30 Puffer Snuffers Smoking Cessation (Downstairs)	16
19 Presidents Day Clinic Closed	20 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 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	21 12:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	22 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 (Downstairs)	23
26 11:00 Pre-Diabetes D.I.E.T (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St Clair) 1:00 Lung Health (Steve Hall) 1:00 Social Skills BINGO (Wendy Francke) <i>Downstairs</i>	27 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 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	28 12:00 Diabetes D.I.E.T. Eating Right and Using Technology (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>		