

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
4	5	6	7	8
11:00-12:00 Diabetes (Karrie Murphy)	11:00-12:00 Nutrition and Health (Larry Snidow)	11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i>	11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)	
12:00-1:00 S.C.A.L.E. (Linda St. Clair)	12:00-1:00 Let's Get Moving (Larry Snidow)	12:00 1:00 Diabetes (Karrie Murphy)	4:30-5:30 Recovery 101 (Jennifer Fazzolari)	1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
1:00-2:00 BINGO Anger (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	5:00-6:00 Diabetes / S.C.A.L.E. (Linda St Clair)	
	2:00-3:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>		5:00-6:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	
11	12	13	14	15
11:00-12:00 Diabetes (Karrie Murphy)	11:00-12:00 Nutrition and Health (Larry Snidow)	11:00-2:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i>	11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)	
12:00-1:00 S.C.A.L.E. (Linda St. Clair)	12:00-1:00 Let's Get Moving (Larry Snidow)	12:00-1:00 Diabetes (Larry Snidow)	4:30-5:30 Recovery 101 (Jennifer Fazzolari)	1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
1:00-2:00 BINGO Healthy Relationships (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	
	2:00-3:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>			
18	19	20	21	22
Closed.....	11:00-12:00 Nutrition and Health (Larry Snidow)	11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i>	11:00 -1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)	
	12:00-1:00 Let's Get Moving (Larry Snidow)	12:00-1:00 Diabetes (Larry Snidow)	4:30-5:30 Recovery 101 (Jennifer Fazzolari)	1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook)
	1:00-2:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	
	2:00-3:00 Recovery From Addictions (Wendy Francke)			
25	26	27	28	
11:00-12:00 Diabetes (Karrie Murphy)	11:00-12:00 Nutrition and Health (Larry Snidow)	11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i>	11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)	
12:00-1:00 S.C.A.L.E. (Linda St Clair)	12:00-1:00 Let's Get Moving (Larry Snidow)	12:00-1:00 Diabetes (Karrie Murphy)	4:30-5:30 Recovery 101 (Jennifer Fazzolari)	
1:00-2:00 Recovery BINGO (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	
	2:00-3:00 Recovery From Addictions (Wendy Francke)	2:00-3:00 Naloxone Training (Karrie Murphy)		