

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  | 2 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) | 3 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 4:30-5:30 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 4 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook) |
| 7 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 BINGO Anger (Wendy Francke) <i>Downstairs</i> | 8 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> | 9 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) | 10 11:00-1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 4:30-5:30 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) | 11 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook) |
| 14 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Linda St. Clair) 1:00-2:00 BINGO Healthy Relationships (Wendy Francke) <i>Downstairs</i> | 15 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> | 16 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) | 17 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 4:30-5:30 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 18 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook) |
| 21 Closed  | 22 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) | 23 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) | 24 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 4:30-5:30 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 25 1:00-2:00 Dose of Hope (Addiction/Mental Health Support) (Laken Cook) |
| 28 11:00-12:00 Diabetes (Karrie Murphy) 12:00-1:00 S.C.A.L.E. (Larry Snidow) 1:00-2:00 RecoveryBINGO (Wendy Francke) <i>Downstairs</i> | 29 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) | 30 11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke) 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) | 31 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 4:30-5:30 Recovery 101 (Jennifer Fazzolari) 5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | |