

June 2018

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

New Classes and new times are highlighted below!



AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

Monday	Tuesday	Wednesday	Thursday	Friday
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4 11:00 Diabetes D.I.E.T. Staying on Track (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Healthy Relationship BINGO (Wendy Francke)	5 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! Chair Yoga (Stephanie Hyre) 1:00 Improve Your Mood (Wendy Francke) 2:00 Recovery From Addictions (Wendy Francke)	6 11:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00 Diabetes D.I.E.T. Staying on Track (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann)	7 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Diabetes D.I.E.T. Staying on Track Karrie Juengel) 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	8
11 11:00 Diabetes D.I.E.T. ABC's of Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Anger Management BINGO (Wendy Francke)	12 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)	13 11:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00 Diabetes D.I.E.T. Medication Safety / Sick Day Management (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann)	14 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 1:00-2:00 How to Prevent Peripheral Vascular Disease (Dr Mousas) 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	15
18 11:00 Diabetes D.I.E.T. Staying on Track (Mary Ann Workman) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Social Skills BINGO (Wendy Francke)	19 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)	20 CLOSED for West Virginia Day	21 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise-Family Fun Day 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room) 5:00 Diabetes D.I.E.T. Medication Safety / Sick Day Management (Karrie Juengel)	22
25 11:00 Diabetes D.I.E.T. Pre-Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Resilency BINGO (Wendy Francke)	26 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)	27 11:00 Beyond Addiction: A Family Affair (Wendy Francke) 12:00 Diabetes D.I.E.T Staying on Track (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	28 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room) 5:00 Diabetes D.I.E.T. ABC's of Diabetes (Karrie Juengel)	29