

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



June

S.C.A.L.E.

is sponsored by:



New Classes and new times are highlighted below!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11:00-12:00 <u>Diabetes</u> (Karrie Murphy)</p> <p>12:00-1:00 <u>S.C.A.L.E.</u> (Linda St. Clair)</p> <p>1:00-2:00 <u>Anger BINGO</u> (Wendy Francke)</p>	<p>4</p> <p>11:00-12:00 <u>Nutrition and Health</u> (Larry Snidow)</p> <p>12:00-1:00 <u>Let's Get Moving</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Improve Your Mood</u> (Wendy Francke)</p> <p>2:00-3:00 <u>Recovery From Addictions</u> (Wendy Francke)</p>	<p>5</p> <p>11:00-12:00 <u>Beyond Addiction: A Family Affair</u> (Wendy Francke)</p> <p>12:00-1:00 <u>Diabetes</u> (Karrie Murphy)</p> <p>1:00-2:00 <u>Puffer Snuffers Smoking Cessation</u> (Larry Snidow)</p>	<p>6</p> <p>11:00-1:00 <u>S.C.A.L.E. Teaching Kitchen Easy Exercise</u> (Larry Snidow)</p> <p>2:00-3:00 <u>Naloxone Training</u> (Karrie Murphy)</p> <p>4:00-5:00 <u>Recovery 101</u> (Jennifer Fazzolari)</p> <p>5:00-6:00 <u>Puffer Snuffers Smoking Cessation</u></p>	<p>7</p> <p>12:00-1:00 <u>Diabetes</u> (Lan and Sarah)</p> <p>1:00-2:00 <u>Dose of Hope</u> (Addiction/Mental Health Support) (Laken Cook)</p>
<p>10</p> <p>11:00-12:00 <u>Diabetes</u> (Larry Snidow)</p> <p>12:00-1:00 <u>S.C.A.L.E.</u> (Linda St. Clair)</p> <p>1:00-2:00 <u>Anger BINGO</u> (Wendy Francke)</p>	<p>11</p> <p>11:00-12:00 <u>Nutrition and Health</u> (Larry Snidow)</p> <p>12:00-1:00 <u>Let's Get Moving</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Improve Your Mood</u> (Wendy Francke)</p> <p>2:00-3:00 <u>Recovery From Addictions</u> (Wendy Francke)</p>	<p>12</p> <p>11:00-12:00 <u>Beyond Addiction: A Family Affair</u> (Wendy Francke)</p> <p>12:00-1:00 <u>Diabetes</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Puffer Snuffers Smoking Cessation</u> (Larry Snidow)</p>	<p>13</p> <p>11:00-1:00 <u>S.C.A.L.E. Teaching Kitchen Easy Exercise</u> (Larry Snidow)</p> <p>4:00-5:00 <u>Recovery 101</u> (Jennifer Fazzolari)</p> <p>5:00-6:00 <u>Diabetes / S.C.A.L.E.</u> (Linda St Clair)</p> <p>5:00-6:00 <u>Puffer Snuffers Smoking Cessation</u> (Dental Waiting Room)</p>	<p>14</p> <p>12:00-1:00 <u>Diabetes</u> (Lan and Sarah)</p> <p>1:00-2:00 <u>Dose of Hope</u> (Addiction/Mental Health Support) (Laken Cook)</p>
<p>17</p> <p>11:00-12:00 <u>Diabetes</u> (Karrie Murphy)</p> <p>12:00-1:00 <u>S.C.A.L.E.</u> (Linda St. Clair)</p> <p>1:00-2:00 <u>Healthy Relationships BINGO</u> (Wendy Francke)</p>	<p>18</p> <p>11:00-12:00 <u>Nutrition and Health</u> (Larry Snidow)</p> <p>12:00-1:00 <u>Let's Get Moving</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Improve Your Mood</u> (Wendy Francke)</p> <p>2:00-3:00 <u>Recovery From Addictions</u> (Wendy Francke)</p>	<p>19</p> <p>11:00-2:00 <u>Beyond Addiction: A Family Affair</u> (Wendy Francke)</p> <p>12:00-1:00 <u>Diabetes</u> (Karrie Murphy)</p> <p>1:00-2:00 <u>Puffer Snuffers Smoking Cessation</u> (Larry Snidow)</p>	<p>20</p> <p>CLOSED</p> 	<p>21</p> <p>12:00-1:00 <u>Diabetes</u> (Lan and Sarah)</p> <p>1:00-2:00 <u>Dose of Hope</u> (Addiction/Mental Health Support) (Laken Cook)</p>
<p>24</p> <p>11:00-12:00 <u>Diabetes</u> (Karrie Murphy)</p> <p>12:00-1:00 <u>S.C.A.L.E.</u> (Linda St. Clair)</p> <p>1:00-2:00 <u>Healthy Relationships BINGO</u> (Wendy Francke)</p>	<p>25</p> <p>11:00-12:00 <u>Nutrition and Health</u> (Larry Snidow)</p> <p>12:00-1:00 <u>Let's Get Moving</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Improve Your Mood</u> (Wendy Francke)</p> <p>2:00-3:00 <u>Recovery From Addictions</u> (Wendy Francke)</p>	<p>26</p> <p>11:00-12:00 <u>Beyond Addiction: A Family Affair</u> (Wendy Francke)</p> <p>12:00-1:00 <u>Diabetes</u> (Larry Snidow)</p> <p>1:00-2:00 <u>Puffer Snuffers Smoking Cessation</u> (Larry Snidow)</p> <p>2:00-3:00 <u>Naloxone Training</u> (Karrie Murphy)</p>	<p>27</p> <p>11:00-1:00 <u>S.C.A.L.E. Teaching Kitchen Easy Exercise</u> (Larry Snidow)</p> <p>4:00-5:00 <u>Recovery 101</u> (Jennifer Fazzolari)</p> <p>5:00-6:00 <u>Puffer Snuffers Smoking Cessation</u> (Larry Snidow)</p>	<p>28</p> <p>12:00-1:00 <u>Diabetes</u> (Lan and Sarah)</p> <p>1:00-2:00 <u>Dose of Hope</u> (Addiction/Mental Health Support) (Laken Cook)</p>