

New Classes and new times are highlighted below!



March 2018

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

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	2
			5:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Karrie Juengel)	
			5:30 Puffer Snuffers Smoking Cessation (Downstairs)	
5 11:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Karrie Juengel)	6 11:00 Nutrition and Health (Mary Ann Workman)	7 12:00 Diabetes D.I.E.T. Eating Rght Using Technology (Karrie Juengel)	8 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/Easy Exercise	9
12:00 S.C.A.L.E. (Linda St.Clair)	12:00 Lets Get Moving !!! Chair Yoga (Stephanie Hyre)	1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	5:00 Diabetes / S.C.A.L.E. (Linda St Clair)	
1:00 Healthy Relationship BINGO (Wendy Francke)	1:00 Improve Your Mood (Wendy Francke)	2:00 Recovery From Addictions (Wendy Francke)	5:30 Puffer Snuffers Smoking Cessation	
	2:00 Beyond Addiction: A Family Affair (Wendy Franke)			
12 11:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Marty Ann Workman)	13 11:00 Nutrition and Health (Mary Ann Workman)	14 12:00 Diabetes D.I.E.T. Working Out For Your Diabetes (Mary Ann Workman)	15 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise St Patricks Day Family Fun Day	16
12:00 S.C.A.L.E. (Linda St.Clair)	12:00 Lets Get Moving !!! (Mary Ann Workman)	1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>		
1:00 Anger Management BINGO (Wendy Francke)	1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	2:00 Recovery From Addictions (Wendy Franke)	5:30 Puffer Snuffers Smoking Cessation	
	2:00 Beyond Addiction: A Family Affair (Wendy Franke)			
19 11:00 Diabetes D.I.E.T. Eating Right Using Technology (Karrie Juengel)	20 11:00 Nutrition and Health (Mary Ann Workman)	21 12:00 Diabetes D.I.E.T. Kick Off Survival Skills (Karrie Juengel)	22 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise	23
12:00 S.C.A.L.E. (Linda St.Clair)	12:00 Lets Get Moving !!! (Mary Ann Workman)	1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	5:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel)	
1:00 Resiliency BINGO (Wendy Francke)	1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	2:00 Recovery From Addictions (Wendy Franke)	5:30 Puffer Snuffers Smoking Cessation	
	2:00 Beyond Addiction: A Family Affair (Wendy Franke)			
26 11:00 Pre-Diabetes D.I.E.T (Karrie Juengel)	27 11:00 Nutrition and Health (Mary Ann Workman)	28 12:00 Diabetes D.I.E.T. Treatment and Goals (Karrie Juengel)	29 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise	30
12:00 S.C.A.L.E. (Linda St Clair)	12:00 Lets Get Moving !!! (Mary Ann Workman)	1:00 Puffer Snuffers Smoking Cessation (Mary Ann) <i>Upstairs</i>	5:00 Diabetes D.I.E.T. Diabetes Treatment and Goals (Karrie Juengel)	
1:00 Social Skills BINGO (Wendy Francke)	1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i>	2:00 Recovery From Addictions (Wendy Franke)	5:30 Puffer Snuffers Smoking Cessation (Mary Ann)	
	2:00 Beyond Addiction: A Family Affair (Wendy Franke)			