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:

AstraZeneca HealthCare Foundation
Connections for Cardiovascular Health℠

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 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) *Downstairs*	5 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) *Downstairs* 2:00-3:00 **Recovery From Addictions** (Wendy Francke) *Downstairs*	6 11:00-12:00 **Beyond Addiction: A Family Affair** (Wendy Francke) *Downstairs* 12:00 1:00 **Diabetes** (Karrie Murphy) 1:00-2:00 **Puffer Snuffers Smoking Cessation** (Larry Snidow)	7 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)	8 1:00-2:00 **Dose of Hope** (Addiction/Mental Health Support) (Laken Cook)
11 11:00-12:00 **Diabetes** (Larry Snidow) 12:00-1:00 **S.C.A.L.E.** (Linda St. Clair) 1:00-2:00 **BINGO Healthy Relationships** (Wendy Francke) *Downstairs*	12 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) *Downstairs* 2:00-3:00 **Recovery From Addictions** (Wendy Francke) *Downstairs*	13 11:00-2:00 **Beyond Addiction: A Family Affair** (Wendy Francke) *Downstairs* 12:00-1:00 **Diabetes** (Larry Snidow) 1:00-2:00 **Puffer Snuffers Smoking Cessation** (Larry Snidow)	14 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)	15 1:00-2:00 **Dose of Hope** (Addiction/Mental Health Support) (Laken Cook)
18 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) *Downstairs*	19 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) *Downstairs* 2:00-3:00 **Recovery From Addictions** (Wendy Francke)	20 11:00-12:00 **Beyond Addiction: A Family Affair** (Wendy Francke) Downstairs 12:00-1:00 **Diabetes** (Larry Snidow) 1:00-2:00 **Puffer Snuffers Smoking Cessation** (Larry Snidow)	21 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)	22 1:00-2:00 **Dose of Hope** (Addiction/Mental Health Support) (Laken Cook)
25 11:00-12:00 **Diabetes** (Larry Snidow) 12:00-1:00 **S.C.A.L.E.** (Linda St Clair) 1:00-2:00 **Recovery BINGO** (Wendy Francke) *Downstairs*	26 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) *Downstairs* 2:00-3:00 **Recovery From Addictions** (Wendy Francke)	27 11:00-12:00 **Beyond Addiction: A Family Affair** (Wendy Francke) Downstairs 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)	28 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)	29 1:00-2:00 **Dose of Hope** (Addiction/Mental Health Support) (Laken Cook)