

Class Information

- **Classes Are Free!**
- Pre-registration is not required
- Classes are at WV Health Right Health
- 1520 Washington St. E, Charleston WV 25311

March

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
<p>2</p> <p>11:00-12:00 Diabetes (Karrie Murphy)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00-2:00 Anger BINGO (Wendy Francke)</p>	<p>3</p> <p>11:00-12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00-2:00 Improve Your Mood (Wendy Francke)</p> <p>2:00-3:00 Recovery From Addictions (Wendy Francke)</p>	<p>4</p> <p>11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke)</p> <p>12:00-1:00 Diabetes (Karrie Murphy)</p> <p>1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>5</p> <p>11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)</p> <p>4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington)</p> <p>5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>6</p> <p>2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)</p>
<p>9</p> <p>11:00-12:00 Diabetes (Larry Snidow)</p> <p>12:00-1:00 S.C.A.L.E. (Larry Snidow)</p> <p>1:00-2:00 Resiliency BINGO (Wendy Francke)</p>	<p>10</p> <p>11:00-12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00-2:00 Improve Your Mood (Wendy Francke)</p> <p>2:00-3:00 Recovery From Addictions (Wendy Francke)</p>	<p>11</p> <p>11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke)</p> <p>12:00-1:00 Diabetes (Karrie Murphy)</p> <p>1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p> <p>2:00-3:00 Naloxone Training (Karrie Murphy)</p>	<p>12</p> <p>11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)</p> <p>4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington)</p> <p>5:00-6:00 Diabetes / S.C.A.L.E. (Linda St Clair)</p> <p>5:00-6:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)</p>	<p>13</p> <p>2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)</p>
<p>16</p> <p>11:00-12:00 Diabetes (Karrie Murphy)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00-2:00 Self-Esteem BINGO (Wendy Francke)</p>	<p>17</p> <p>11:00-12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00-2:00 Improve Your Mood (Wendy Francke)</p> <p>2:00-3:00 Recovery From Addictions (Wendy Francke)</p>	<p>18</p> <p>11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke)</p> <p>12:00-1:00 Diabetes (Larry Snidow)</p> <p>1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>19</p> <p>11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)</p> <p>2:00-3:00 Naloxone Training (Karrie Murphy)</p> <p>4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington)</p> <p>5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>20</p> <p>2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)</p>
<p>23</p> <p>11:00-12:00 Diabetes (Karrie Murphy)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00-2:00 Stress BINGO (Wendy Francke)</p>	<p>24</p> <p>11:00-12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00-2:00 Improve Your Mood (Wendy Francke)</p> <p>2:00-3:00 Recovery From Addictions (Wendy Francke)</p>	<p>25</p> <p>11:00-12:00 Beyond Addiction: A Family Affair (Wendy Francke)</p> <p>12:00-1:00 Diabetes (Larry Snidow)</p> <p>1:00-2:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>26</p> <p>11:00-1:00 S.C.A.L.E. Teaching Kitchen Easy Exercise (Larry Snidow)</p> <p>4:00-5:00 Recovery 101 (Jennifer Fazzolari and Colleen Arrington)</p> <p>5:00-6:00 Puffer Snuffers Smoking Cessation (Larry Snidow)</p>	<p>27</p> <p>2:00-3:00 Dose of Hope (Addiction/Mental Health Support) (Jennifer Fazzolari and Colleen Arrington)</p>
<p>30</p> <p>11:00-12:00 Diabetes (Larry Snidow)</p> <p>12:00-1:00 S.C.A.L.E. (Linda St. Clair)</p> <p>1:00-2:00 Social Skills BINGO (Wendy Francke)</p>	<p>31</p> <p>11:00-12:00 Nutrition and Health (Larry Snidow)</p> <p>12:00-1:00 Let's Get Moving (Larry Snidow)</p> <p>1:00-2:00 Improve Your Mood (Wendy Francke)</p> <p>2:00-3:00 Recovery From Addictions (Wendy Francke)</p>			