

New Classes and new times are highlighted below!



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

AstraZeneca HealthCare Foundation  
**Connections for  
Cardiovascular Health<sup>SM</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 <b>Nutrition and Health</b> (Mary Ann Workman)  12:00 <b>Lets Get Moving !!!</b> (Mary Ann Workman)  1:00 <b>Improve Your Mood</b> (Wendy Francke)  2:00 <b>Recovery From Addictions</b> (Wendy Francke)	2 11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Franke)  12:00 <b>Diabetes D.I.E.T. ABC's of Diabetes</b> (Karrie Juengel)  1:00 <b>Puffer Snuffers Smoking Cessation</b> (Mary Ann) <i>Upstairs</i>	3 11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b>  5:00 <b>Diabetes D.I.E.T. ABC's of Diabetes</b> (Karrie Juengel)  5:00 <b>Puffer Snuffers Smoking Cessation</b> ( <i>Downstairs</i> )	4
7 11:00 <b>Diabetes D.I.E.T. ABC's of Diabetes</b> (Karrie Juengel)  12:00 <b>S.C.A.L.E.</b> (Mary Ann Workman)  1:00 <b>Healthy Relationship BINGO</b> (Wendy Francke)	8 11:00 <b>Nutrition and Health</b> (Mary Ann Workman)  12:00 <b>Lets Get Moving !!! Chair Yoga</b> (Stephanie Hyre)  1:00 <b>Improve Your Mood</b> (Wendy Francke)  2:00 <b>Recovery From Addictions</b> (Wendy Francke)	9 11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Franke)  12:00 <b>Diabetes D.I.E.T. Diabetes Treatment and Goals</b> (Karrie Juengel)  1:00 <b>Puffer Snuffers Smoking Cessation</b> (Mary Ann) <i>Upstairs</i>	10 11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b>  5:00 <b>D.I.E.T Working Out for your Diabetes</b> (Karrie Juengel)  5:00 <b>Puffer Snuffers Smoking Cessation</b>	11
14 11:00 <b>Diabetes D.I.E.T. Medication Safety/Sick Day Management</b> (Karrie Juengel) 12:00 <b>S.C.A.L.E.</b> (Mary Ann Workman)  1:00 <b>Anger Management BINGO</b> (Wendy Francke)	15 11:00 <b>Nutrition and Health</b> (Mary Ann Workman)  12:00 <b>Lets Get Moving !!!</b> (Mary Ann Workman)  1:00 <b>Improve Your Mood</b> (Wendy Francke) <i>Downstairs</i>  2:00 <b>Recovery From Addictions</b> (Wendy Francke)	16 11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Franke)  12:00 <b>Diabetes D.I.E.T. ABC's of Diabetes</b> (Karrie Juengel)  1:00 <b>Puffer Snuffers Smoking Cessation</b> (Mary Ann) <i>Upstairs</i>	17 11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b>  5:00 <b>Diabetes / S.C.A.L.E.</b> (Linda St Clair)  5:00 <b>Puffer Snuffers Smoking Cessation</b>	18
21 11:00 <b>Diabetes D.I.E.T. Pre-Diabetes</b> (Karrie Juengel)  12:00 <b>S.C.A.L.E.</b> (Linda St.Clair)  1:00 <b>Social Skills BINGO</b> (Wendy Francke)	22 11:00 <b>Nutrition and Health</b> (Mary Ann Workman)  12:00 <b>Lets Get Moving !!!</b> (Mary Ann Workman)  1:00 <b>Improve Your Mood</b> (Wendy Francke) <i>Downstairs</i>  2:00 <b>Recovery From Addictions</b> (Wendy Francke)	23 11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Franke)  12:00 <b>Diabetes D.I.E.T. Medication Safety / Sick Day Management</b> (Mary Ann W) 1:00 <b>Puffer Snuffers Smoking Cessation</b> (Mary Ann) <i>Upstairs</i>	24 11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen/ Easy Exercise-Family Fun Day</b>  5:00 <b>Puffer Snuffers Smoking Cessation</b>  5:00 <b>Diabetes Cancelled</b>	25
28 <b>Memorial Day Holiday</b>  <b>Clinic Closed</b>	29 11:00 <b>Nutrition and Health</b> (Mary Ann Workman)  12:00 <b>Lets Get Moving !!!</b> (Mary Ann Workman)  1:00 <b>Improve Your Mood</b> (Wendy Francke) <i>Downstairs</i>  2:00 <b>Recovery From Addictions</b> (Wendy Francke)	30 11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Franke)  12:00 <b>Diabetes D.I.E.T. Medication Safety / Sick Day Management</b> (Mary Ann W.) 1:00 <b>Puffer Snuffers Smoking Cessation</b> (Mary Ann) <i>Upstairs</i>	31 11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen/ Easy Exercise</b>  5:00 <b>Puffer Snuffers Smoking Cessation</b>  5:00 <b>Diabetes Cancelled</b>	