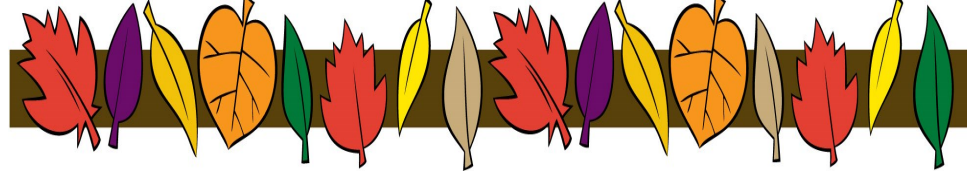


Class Information

- **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

November



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



New Classes and new times are highlighted below!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	2
5 11:00 Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St. Clair) 1:00 Resiliency BINGO (Wendy Francke) <i>Downstairs</i>	6 11:00 –1:00 WVU Extension Service Eating Smart Being Active - Weekly give aways Free 9 week program—Learn to cook healthy meals, Gain tips for saving money, sample new foods 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	7 11:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00 Diabetes (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	8 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	9
12 Closed Veteran's Day	13 11:00 –1:00 WVU Extension Service Eating Smart Being Active - Weekly give aways Free 9 week program—Learn to cook healthy meals, Gain tips for saving money, sample new foods 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	14 11:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00 Diabetes (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	15 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	16
19 11:00 Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St. Clair) 1:00 Social Skills BINGO (Wendy Francke) <i>Downstairs</i> 2:00 Naloxone Training (Karrie Murphy)	20 11:00-1:00 Nutrition and Exercise (Larry Snidow) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	21 11:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00 Diabetes (Larry Snidow) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	22 Closed Thanksgiving	23 Closed Thanksgiving
26 11:00 Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St. Clair) 1:00 Social Skills BINGO (Wendy Francke) <i>Downstairs</i>	27 11:00-1:00 Nutrition and Exercise (Larry Snidow) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i>	28 11:00 Beyond Addiction: A Family Affair (Wendy Francke) <i>Downstairs</i> 12:00 Diabetes (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	29 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/Easy Exercise 1:00 Family Fun Day (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow)	30