

## 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<sup>SM</sup>**

**New Classes and new times are highlighted below!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11:00 <b>Diabetes Staying Active</b> (Karrie Murphy)</p> <p>12:00 <b>S.C.A.L.E.</b> (Linda StClair)</p> <p>1:00 <b>No Class</b> Downstairs</p>	<p>2</p> <p>11:00 –12:00 <b>WVU Extension Service Eating Smart Being Healthy</b></p> <p>12:00 1:00 Chair Yoga( Stephanie Hyre)</p> <p>1:00 <b>Improve your mood</b> (Wendy Francke)</p> <p>2:00 <b>Recovery from addiction</b> (Wendy Frank) downstairs</p>	<p>3</p> <p>11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Francke) Downstairs</p> <p>12:00 <b>Diabetes</b> (Larry Snidow)</p> <p>1:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>4</p> <p>11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b> (Larry Snidow)</p> <p>5:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>7</p>
<p>8</p> <p><b>Closed</b></p> <p><b>Columbus Day</b></p>	<p>9</p> <p>11:00 –1:00 <b>WVU Extension Service Eating Smart Being Active- Weekly give aways</b></p> <p>Free 9 week program—Learn to cook healthy meals, Gain tips for saving money, sample new foods</p> <p>1:00 <b>Improve Your Mood</b> (Wendy Francke)Downstairs</p> <p>2:00 <b>Recovery From Addictions</b> (Wendy Francke)Downstairs</p>	<p>10</p> <p>11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Francke) Downstairs</p> <p>12:00 <b>Diabetes D.I.E.T. Staying Active</b> (Karrie Murphy)</p> <p>1:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>11</p> <p>11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b> (Larry Snidow)</p> <p>5:00 <b>Diabetes / S.C.A.L.E.</b> (Linda St Clair)</p> <p>5:00 <b>Puffer Snuffers Smoking Cessation</b> (Dental Waiting Room)</p>	<p>14</p>
<p>15</p> <p>11:00 <b>Diabetes Staying Active</b> (Karrie Murphy)</p> <p>12:00 <b>S.C.A.L.E.</b> (Larry Snidow)</p> <p>1:00 <b>Anger Management BINGO</b> (Wendy Francke) Downstairs</p> <p>2:00 <b>Naloxone Training</b> ( Karrie Murphy)</p>	<p>16</p> <p>11:00 –1:00 <b>WVU Extension Service Eating Smart Being Active- Weekly give aways</b></p> <p>Free 9 week program—Learn to cook healthy meals, Gain tips for saving money, sample new foods</p> <p>1:00 <b>Improve Your Mood</b> (Wendy Francke) Downstairs</p> <p>2:00 <b>Recovery From Addictions</b> (Wendy Francke) Downstairs</p>	<p>17</p> <p>11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Francke) Downstairs</p> <p>12:00 <b>Diabetes</b> (Larry Snidow)</p> <p>1:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>18</p> <p>11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen / Easy Exercise</b> (Larry Snidow)</p> <p>5:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>21</p>
<p>22</p> <p>11:00 <b>Diabetes Staying Active</b> (Karrie Murphy)</p> <p>12:00 <b>S.C.A.L.E.</b>(Larry Snidow)</p> <p>1:00 <b>Social Skills BINGO</b> (Wendy Francke) Downstairs</p>	<p>23</p> <p>11:00 –1:00 <b>WVU Extension Service Eating Smart Being Active- Weekly give aways</b></p> <p>Free 9 week program—Learn to cook healthy meals, Gain tips for saving money, sample new foods</p> <p>1:00 <b>Improve Your Mood</b> (Wendy Francke) Downstairs</p> <p>2:00 <b>Recovery From Addictions</b> (Wendy Francke) Downstairs</p>	<p>24</p> <p>11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Francke) Downstairs</p> <p>12:00 <b>Diabetes</b> (Larry Snidow)</p> <p>1:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>25</p> <p>11:00 -1:00 <b>S.C.A.L.E. Teaching Kitchen/Easy Exercise - Family Fun Day</b> Larry Snidow</p> <p>5:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>	<p>28</p>
<p>29</p> <p>11:00 <b>Diabetes Pre-Diabetes</b> (Karrie Murphy)</p> <p>12:00 <b>S.C.A.L.E.</b> (Linda StClair)</p> <p>1:00 <b>Bingo</b> (Wendy Francke) Downstairs</p>	<p>30</p> <p>11:00 –1:00 <b>WVU Extension Service Eating Smart Being Active- Weekly give aways</b></p> <p>Free 9 week program—Learn to cook healthy meals. Gain tips for saving money, sample new foods</p> <p>1:00 <b>Improve Your Mood</b> (Wendy Francke) Downstairs</p> <p>2:00 <b>Recovery From Addictions</b> (Wendy Francke) Downstairs</p>	<p>31</p> <p>11:00 <b>Beyond Addiction: A Family Affair</b> (Wendy Francke)</p> <p>12:00 <b>Diabetes</b> (Karrie Murphy)</p> <p>1:00 <b>Puffer Snuffers Smoking Cessation</b> (Larry Snidow)</p>		