

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



September 2018

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

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

New Classes and new times are highlighted below!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--------|
| 3 Labor Day Clinic Closed | 4 11:00 –1:00 WVU Externsion 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> | 5 11:00 Beyond Addiction: A Family Affair (Wendy Franke) <i>Downstairs</i> 12:00 Diabetes (Larry Snidow) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 6 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 7 |
| 10 11:00 Diabetes Healthy Substitutes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda StClair) 1:00 Resilyncy BINGO (Wendy Francke) <i>Downstairs</i> | 11 11:00 –1:00 WVU Externsion 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> | 12 11:00 Beyond Addiction: A Family Affair (Wendy Franke) <i>Downstairs</i> 12:00 Diabetes D.I.E.T. Staying on Track (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 13 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) | 14 |
| 17 11:00 Diabetes D.I.E.T. Coping Strategies for Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda StClair) 1:00 Anger Management BINGO (Wendy Francke) <i>Downstairs</i> | 18 11:00 –1:00 WVU Externsion 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> | 19 11:00 Beyond Addiction: A Family Affair (Wendy Franke) <i>Downstairs</i> 12:00 Diabetes Healthy Substitutes (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 20 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 21 |
| 24 11:00 Diabetes Healthy Substitutes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Social Skills BINGO (Wendy Francke) <i>Downstairs</i> | 25 11:00 –1:00 WVU Externsion 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> | 26 11:00 Beyond Addiction: A Family Affair (Wendy Franke) <i>Downstairs</i> 12:00 Diabetes Diabetes Treatment and Goals (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 27 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/Easy Exercise - Family Fun Day Larry Snidow 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 28 |
| 27 11:00 Diabetes D.I.E.T. Pre-Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 BINGO (Wendy Francke) <i>Downstairs</i> | 28 11:00 –1:00 WVU Externsion 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> | 29 11:00 Beyond Addiction: A Family Affair (Wendy Franke) <i>Downstairs</i> Diabetes Healthy Substitutes (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 30 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise (Larry Snidow) 5:00 Puffer Snuffers Smoking Cessation (Larry Snidow) | 31 |