

New Classes and new times are highlighted below!



September 2017

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

AstraZeneca HealthCare Foundation
Connections for Cardiovascular HealthSM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--------|
| | | | | 1 |
| | 4 | 5 | 6 | 7 |
| Labor Day Clinic Closed | 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i> | 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 8 |
| | 11 | 12 | 13 | 14 |
| 11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Self Esteem BINGO (Wendy Francke) | 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i> | 12:00 Diabetes (Karrie Juengel) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) Upstairs 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 11:00 Pre-Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Mary Ann Workman) 1:00 Recovery BINGO (Wendy Francke) | 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i> | 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise / Family Fun Day 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | |
| 25 | 26 | 27 | 28 | 29 |
| 11:00 Diabetes (Karrie Juengel) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Social Skills BINGO (Wendy Francke) | 11:00 Super Couponing (Autumn Faulkner) 12:00 Lets Get Moving !!! (Mary Ann Workman) 1:00 Improve Your Mood (Wendy Francke) <i>Downstairs</i> 2:00 Recovery From Addictions (Wendy Francke) <i>Downstairs</i> | 12:00 Diabetes (Becky Flaherty) 1:00 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:30 Puffer Snuffers Smoking Cessation (Jeff Crist) <i>Downstairs</i> | |