

AUGUST 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
		1 11:00 Beyond Addiction: A Family Affair (Wendy Franke) 12:00 Diabetes Diabetes Complications (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	2 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	4
6 11:00 Diabetes Diabetes Complications (Karrie Murphy) 12:00 S.C.A.L.E. (Karrie Murphy) 1:00 Resiliency BINGO (Wendy Francke)	7 11:00 Nutrition and Health (Mary Ann Workman) 12:00 Lets Get Moving !!! Chair Yoga (Stephanie Hyre) 1:00 Improve Your Mood (Wendy Francke) 2:00 Recovery From Addictions (Wendy Francke)	8 11:00 Beyond Addiction: A Family Affair (Wendy Franke) 12:00 Diabetes D.I.E.T. Staying on Track (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	9 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Diabetes / S.C.A.L.E. (Linda St Clair) 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	10
13 11:00 Diabetes D.I.E.T. Coping Strategies for Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Karrie Murphy) 1:00 Anger Management BINGO (Wendy Francke)	14 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)	15 11:00 Beyond Addiction: A Family Affair (Wendy Franke) 12:00 Diabetes Diabetes Complications (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	16 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	17
20 11:00 Diabetes D.I.E.T. Working out for your Diabetes (Karrie Murphy) 12:00 S.C.A.L.E. (Linda St.Clair) 1:00 Social Skills BINGO (Wendy Francke)	21 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)	22 11:00 Beyond Addiction: A Family Affair (Wendy Franke) 12:00 Diabetes Diabetes Treatment and Goals (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	23 11:00 -1:00 S.C.A.L.E. Teaching Kitchen/ Easy Exercise-Family Fun Day 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	24
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)	28 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)	29 11:00 Beyond Addiction: A Family Affair (Wendy Franke) Diabetes Diabetes Complications (Karrie Murphy) 1:00 Puffer Snuffers Smoking Cessation (Mary Ann Workman)	30 11:00 -1:00 S.C.A.L.E. Teaching Kitchen / Easy Exercise 5:00 Puffer Snuffers Smoking Cessation (Dental Waiting Room)	31