

New Classes and new times are highlighted below!

January 2018



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

AstraZeneca HealthCare Foundation  
**Connections for  
Cardiovascular Health<sup>SM</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Holiday Happy New Year</b>	2 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	3 12:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Mary Ann) <i>Upstairs</i>	4 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Exercise</u>  5:30 <u>Puffer Snuffers Smoking Cessation</u> <i>Downstairs</i>  5:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel)	5
8 11:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel)  12:00 <u>S.C.A.L.E.</u> (Linda St.Clair)  1:00 <u>Healthy Relationship BIN- GO</u> (Wendy Francke)	9 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	10 12:00 <u>Diabetes D.I.E.T. Kick Off Survival Skills</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Mary Ann) <i>Upstairs</i>	11 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Easy Exercise</u>  5:00 <u>Diabetes / S.C.A.L.E.</u> (Linda St Clair) 5:30 <u>Puffer Snuffers Smoking Cessation</u> ( <i>Downstairs</i> )	12
15 <b>Holiday Martin Luther King Jr Day</b>	16 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	17 12:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Mary Ann) <i>Upstairs</i> 2:00 <u>Asthma and COPD Management</u> (Steve Hall)	18 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen / Exercise</u>  5:30 <u>Puffer Snuffers Smoking Cessation</u> ( <i>Downstairs</i> ) 5:00 <u>Diabetes D.I.E.T. Kick Off Survival Skills</u> (Karrie Juengel)	19
22 11:00 <u>Diabetes D.I.E.T. Kick Off Survival Skills</u> (Karrie Juengel) 12:00 <u>S.C.A.L.E.</u> (Linda St Clair) 1:00 <u>Recovery BINGO</u> (Wendy Francke)	23 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	24 12:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Mary Ann) <i>Upstairs</i>	25 11:00 -1:00 <u>S.C.A.L.E. Teaching Kitchen/ Exercise</u>  5:30 <u>Puffer Snuffers Smoking Cessation</u> ( <i>Downstairs</i> ) 5:00 <u>Diabetes D.I.E.T. Diabetes Treatment and Goals</u> (Karrie Juengel)	26
29 11:00 <u>Pre-Diabetes D.I.E.T</u> (Karrie Juengel) 12:00 <u>S.C.A.L.E.</u> (Linda St Clair) 1:00 <u>Social Skills BINGO</u> (Wendy Francke)	30 11:00 <u>Nutrition and Health</u> (Mary Ann Workman) 12:00 <u>Lets Get Moving !!!</u> (Mary Ann Workman) 1:00 <u>Improve Your Mood</u> (Wendy Francke) <i>Downstairs</i> 2:00 <u>Recovery From Addictions</u> (Wendy Francke) <i>Downstairs</i>	31 12:00 <u>Diabetes</u> (Becky Flaherty) 1:00 <u>Puffer Snuffers Smoking Cessation</u> (Mary Ann) <i>Upstairs</i>		1