

UPMC WESTERN MARYLAND Community Health & Wellness

For more information, call 240-964-8424, or visit:
UPMCWesternMaryland.com/Wellness



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
<p>April is Move More Month!</p> <p>The American Heart Association encourages everyone to participate in more physical activity. Walk it out, play with kids or pets, try a new sport. Healthy activity supports a healthy heart! www.heart.org</p>			<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm *</p>	<p>Yoga, LaVale Library 10:00 am</p>	
5	6	7	8	9	10	11
<p>Happy Easter</p> 	No Classes Scheduled	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm *</p>	<p>Yoga, LaVale Library 10:30 am</p>	
12	13	14	15	16	17	18
	No Classes Scheduled	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm *</p>	<p>Yoga, LaVale Library 10:30 am</p>	
19	20	21	22	23	24	25
	No Classes Scheduled	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p> <p>Earth Day </p>	<p>Smart Recovery Support Group 12:00 pm</p>	<p>Yoga, LaVale Library 10:30 am</p>	
26	27	28	29	30		
	No Classes Scheduled	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm</p>		

* For more information on the **Smart Recovery Support Group** sessions listed above, please contact Carey Moffatt at moffattcl@upmc.edu

Having trouble making healthy habits stick? Teaming up with a health coach could change the game!
UPMC Community Health & Wellness offers FREE health coaching services.
Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.