

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	5	6	7
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm * Yoga, LaVale Library 10:00 am		
8	9	10	11	12	13	14
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm * Yoga, LaVale Library 10:30 am		Valentine's Day 
15	16	17	18	19	20	21
	No Classes Scheduled Presidents Day 	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm * Yoga, LaVale Library 10:30 am		
22	23	24	26	26	27	28
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm * Yoga, LaVale Library 10:30 am		

**February is
American Heart Month**

Protect your heart by practicing healthy eating, participating in fitness activities and maintaining a healthy lifestyle.

Consider teaming-up with one of our board-certified health coaches to reach your health and fitness goals.


* 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.