

# 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   |
| <div>September is Self-Care Month!</div> |                                                                                                           | Smart Recovery Support Group 7:30am & 5:00pm*<br>Chair Yoga, S.Cumberland Library 2:15 pm | Smart Recovery Support Group 6:00am & 7:30am *<br>Bingo Balance, HRDC 9:00 am<br>Yoga, LaVale Library Noon | Smart Recovery Support Group 12:00 pm *                                                                                                                                                                                                                                                                                   | Yoga, S. Cumberland Library 10:30 am                                                                                        |     |
|                                          |                                                                                                           |                                                                                           |                                                                                                            |                                                                                                                                                                                                                                                                                                                           |                                                                                                                             |     |
| 6                                        | 7                                                                                                         | 8                                                                                         | 9                                                                                                          | 10                                                                                                                                                                                                                                                                                                                        | 11                                                                                                                          | 12  |
|                                          | No Classes Scheduled<br> | Smart Recovery Support Group 7:30am & 5:00pm*<br>Chair Yoga, S.Cumberland Library 2:15 pm | Smart Recovery Support Group 6:00am & 7:30am *<br>Bingo Balance, HRDC 9:00 am<br>Yoga, LaVale Library Noon | Smart Recovery Support Group 12:00 pm *                                                                                                                                                                                                                                                                                   | Yoga, S. Cumberland Library 10:30 am<br> |     |
| 13                                       | 14                                                                                                        | 15                                                                                        | 16                                                                                                         | 17                                                                                                                                                                                                                                                                                                                        | 18                                                                                                                          | 19  |
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| 20                                       | 21                                                                                                        | 22                                                                                        | 23                                                                                                         | 24                                                                                                                                                                                                                                                                                                                        | 25                                                                                                                          | 26  |
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| 27                                       | 28                                                                                                        | 29                                                                                        | 30                                                                                                         |                                                                                                                                                                                                                                                                                                                           |                                                                                                                             |     |
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\*For more information on the **Smart Recovery Support Group** sessions, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto: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** lifestyle health coaching services.  
Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.