

UPMC WESTERN MARYLAND

Community Health & Wellness

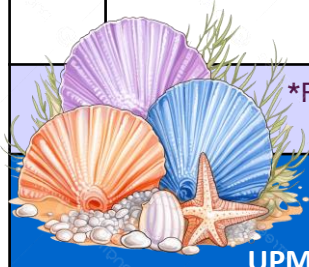
For more information, call 240-964-8424, or visit:
UPMCWesternMaryland.com/Wellness



August 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	
	No Classes Scheduled	Smart Recovery Support Group 7:30am & 5:00pm*	Smart Recovery Support Group 6:00am & 7:30am *	Smart Recovery Support Group 12:00 pm *	No Classes Scheduled	1
						8
9	10	11	12	13	14	15
	No Classes Scheduled	Smart Recovery Support Group 7:30am & 5:00pm* Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, LaVale Library Noon	Smart Recovery Support Group 12:00 pm *	Yoga, S. Cumberland Library 10:30 am	
16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
	No Classes Scheduled	PLEASE NOTE: Yoga class schedules have changed! Yoga at the LaVale Library will be Wednesdays at Noon, starting August 12th. Yoga at South Cumberland Library will be Fridays at 10:30 a.m., starting August 14th. Chair Yoga will continue at South Cumberland Library, Tuesdays at 2:15 p.m.				

*For more information on the **Smart Recovery Support Group** sessions, 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.