

# 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
	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	
7	8	9	10	11	12	13
	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	
14	15	16	17	18	19	20
Flag Day 	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	
21	22	23	24	25	26	27
Father's Day 	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	
28	29	30				
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	<p align="center"><b>June is Men's Health Month!</b></p> <p>"Men continue to experience higher rates of preventable illness and premature death, often due to delayed care, limited access to education, and lack of support navigating health systems. By supporting men's health through education, connection and shared advocacy, we can improve outcomes for men, families and communities." (From <a href="http://menshealthmonth.org">menshealthmonth.org</a>)</p>			

\* For more information on the **Smart Recovery Support Group** sessions listed above, 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** health coaching services.  
 Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.