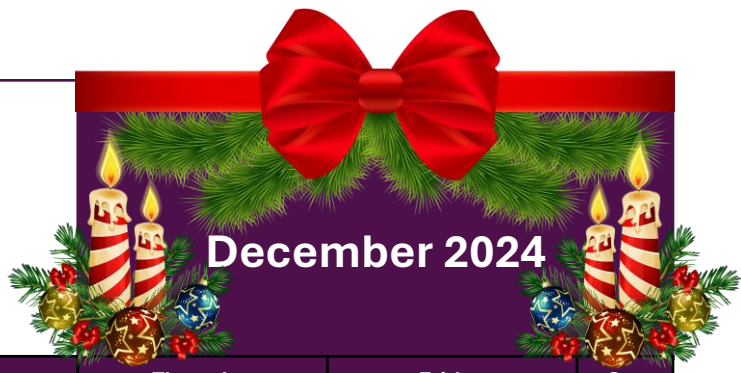


UPMC WESTERN MARYLAND

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
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
8	9	10	11	12	13	14
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
15	16	17	18	19	20	21
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
22	23	24	25	26	27	28
	No classes today		Happy Holidays! 		No classes today	
29	30	31	(January 1, 2025)			
	No classes today		No classes today	<p>Almost everything will work again if you unplug it for a few minutes ... <i>including you.</i></p> <p>(Parade.com)</p>		



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.