UPMC WESTERN MARYLAND

Community Health & Wellness

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

👺 Decemb	oer 2024 🔪

Monday 2 Body & Band	Tuesday 3	Wednesday 4	Thursday	Friday	Sat
Body & Band	3	4			
			5	6	7
Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
Museum (2:30 pm)					
9	10	11	12	13	14
Body & Band Resistance Class, Frostburg Library (1:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
Chair Yoga, Gilchrist Museum (2:30 pm)					
16	17	18	19	20	21
Body & Band Resistance Class, Frostburg Library (1:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
Museum (2:30 pm)					
23	24	25	26	27	28
No classes today		Happy H	lolidays!	No classes today	
30	31	(January 1, 2025)			
No classes today		No classes today	you unplug it	for a few minutes luding you.	
	Chair Yoga, Gilchrist Museum (2:30 pm) 9 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 23 No classes today	Chair Yoga, Gilchrist Museum (2:30 pm) 9 10 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 17 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 23 24 No classes today	Chair Yoga, Gilchrist Museum (2:30 pm) 9 10 11 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 17 18 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 23 24 25 No classes today 30 31 (January 1, 2025)	Chair Yoga, Gilchrist Museum (2:30 pm) 9 10 11 12 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 17 18 19 Body & Band Resistance Class, Frostburg Library (1:00 am) Total Yoga, Gilchrist Museum (2:30 pm) Chair Yoga, Gilchrist Library (1:00 am) Chair Yoga, Gilchrist Museum (2:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 23 24 25 26 Happy Holidays! No classes today Almost everyt you unplug it	Chair Yoga, Gilchrist Museum (2:30 pm) 9 10 11 12 13 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 17 18 19 20 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) 16 17 18 19 20 Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) Chair Yoga, Gilchrist Museum (2:30 pm) No classes today No classes today Almost everything will work agai you unplug it for a few minutes

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.