

UPMC WESTERN MARYLAND
Community Health & Wellness
For more information, call 240-964-8424, or visit:
UPMCWesternMaryland.com/Wellness

Happy New Year!

January 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
				No Classes Today 	Yoga, LaVale Library 10:00 am	3
4	5	6	7	8	9	10
	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	
11	12	13	14	15	16	17
	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	
18	19	20	21	22	23	24
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25	26	27	28	29	30	31
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* For more information on the **Smart Recovery Support Group** sessions listed above, 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.