




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
<p>“Believe you can, and you’re halfway there.”</p> <p>~ Theodore Roosevelt www.positivityblog.com</p>				<p>No Classes Today</p> 	<p>Yoga, LaVale Library 10:00 am</p>	
4	5	6	7	8	9	10
	<p>No Classes Scheduled</p>	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm *</p>	<p>Yoga, LaVale Library 10:30 am</p>	
11	12	13	14	15	16	17
	<p>No Classes Scheduled</p>	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm *</p>	<p>Yoga, LaVale Library 10:30 am</p>	
18	19	20	21	22	23	24
	<p>No Classes Scheduled</p> 	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm</p>	<p>Yoga, LaVale Library 10:30 am</p>	
25	26	27	28	29	30	31
	<p>No Classes Scheduled</p>	<p>Smart Recovery Support Group 7:30 am *</p> <p>Chair Yoga, S.Cumberland Library 2:15 pm</p>	<p>Smart Recovery Support Group 6:00am & 7:30am *</p> <p>Bingo Balance, HRDC 9:00 am</p> <p>Yoga, S. Cumberland Library 11:00 am</p>	<p>Smart Recovery Support Group 12:00 pm</p>	<p>Yoga, LaVale Library 10:30 am</p>	

* 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.