

# UPMC WESTERN MARYLAND

## Community Health & Wellness

For more information, call 240-964-8424, or visit:  
[UPMCWesternMaryland.com/Wellness](http://UPMCWesternMaryland.com/Wellness)



# January 2025

## Happy New Year

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
					Yoga, LaVale Library (10:30 am)	
5	6	7	8	9	10	11
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, South Cumberland Library (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
12	13	14	15	16	17	18
	No Classes Today Martin Luther King Day		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
19	20	21	22	23	24	25
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, South Cumberland Library (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	
26	27	28	29	31	31	
	Body & Band Resistance Class, Frostburg Library (1:30 pm) Chair Yoga, South Cumberland Library (2:30 pm)		Yoga, S. Cumberland Library (11:00 am)		Yoga, LaVale Library (10:30 am)	

We can help you with your New Year's Resolutions!



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.

