

UPMC WESTERN MARYLAND Community Health & Wellness

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

March 2026



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	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 10:00 am	
8	9	10	11	12	13	14
DST 	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	
15	16	17	18	19	20	21
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm St. Patrick's Day 	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 	
22	23	24	26	26	27	28
	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	
29	30	31	WELCOME SPRING! March 20 th marks the official start of the spring season. Take a moment to enjoy the tulips and daffodils as they begin to bloom and let the early morning birdsong serenade the start of each day!			
	No Classes Scheduled	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm				

* 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.