

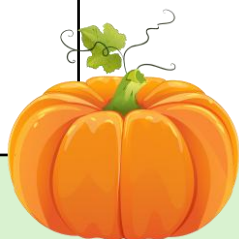
UPMC WESTERN MARYLAND

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
 October is Breast Cancer Awareness Month Breast Cancer Awareness Month promotes early detection, support for patients and survivors, and fundraising for research and care. Awareness is important, but action saves lives. For information, visit www.nationalbreastcancer.org				Smart Recovery Support Group 12:00 pm *	Yoga, S. Cumberland Library 10:30 am	
4	5	6	7	8	9	10
	No Classes Scheduled	Smart Recovery Support Group 7:30am & 5:00pm* Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am* Bingo Balance, HRDC 9:00 am Yoga, LaVale Library Noon	Smart Recovery Support Group 12:00 pm *	Yoga, S. Cumberland Library 10:30 am	
11	12	13	14	15	16	17
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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, 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** lifestyle health coaching services.
 Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.