

**UPMC WESTERN MARYLAND**  
**Community Health & Wellness**  
 For more information, call 240-964-8424, or visit:  
[UPMCWesternMaryland.com/Wellness](http://UPMCWesternMaryland.com/Wellness)



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
<p><b>JULY IS UV SAFETY MONTH!</b>                      Summer is all about enjoying time outside, but too much sun can expose you to excess ultraviolet (UV) light, which can cause skin cancer. Using sunscreen, sunglasses, and hats can protect you from too much UV. For more information, visit: <a href="http://www.cdc.gov/skin-cancer/sun-safety">www.cdc.gov/skin-cancer/sun-safety</a>.</p>			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 ZOOM CLASS ONLY To register, go to: <a href="https://us02web.zoom.us/j/7582828282">https://us02web.zoom.us/j/7582828282</a> After registering, you will receive a confirmation email	<b>250</b> 
5	6	7	8	9	10	11
No Classes Scheduled	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, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	Yoga ZOOM CLASS ONLY To register, go to: <a href="https://us02web.zoom.us/j/7582828282">https://us02web.zoom.us/j/7582828282</a> After registering, you will receive a confirmation email	
12	13	14	15	16	17	18
No Classes Scheduled	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, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	No Classes Scheduled	
19	20	21	22	23	24	25
No Classes Scheduled	No Classes Scheduled	Smart Recovery Support Group 7:30am & 5:00pm*	Smart Recovery Support Group 6:00am & 7:30am *	Smart Recovery Support Group 12:00 pm *	No Classes Scheduled	
26	27	28	29	30	31	
No Classes Scheduled	No Classes Scheduled	Smart Recovery Support Group 7:30am & 5:00pm*	Smart Recovery Support Group 6:00am & 7:30am *	Smart Recovery Support Group 12:00 pm *	No Classes Scheduled	

**Please note:** Yoga class schedules are changing in July and August due to County Library schedule changes. Tentative class dates are included above, but please check with the Library you usually attend to verify your Yoga class schedule.



\* For more information on the **Smart Recovery Support Group** sessions listed above, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto: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.