UPMC Western Maryland
Community Health & Wellness

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

November 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
Turn clocks Back 1 hour 	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	
9	0	10	11	12	13	14
	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	
15	16	17	18	19	20	21
	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	
22	23	24	25	26	27	28
	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	No Classes Today *Happy Thanksgiving* 	No Classes Today	
29	30					
	No Classes Scheduled					

November is American Diabetes Month. Diabetes affects millions of Americans and is the eighth leading cause of death in the U.S. If you have concerns that you or a loved one may be at risk, please talk with your primary care provider.

*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.