

UPMC WESTERN MARYLAND

Community Health & Wellness

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

August 2025



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
 <p>August is Summer Sun Safety Month. Avoiding sunburn is key to reducing your risk of developing skin cancer. Protect your skin every day, especially during the summer when UV rays are stronger and more dangerous.</p>					Yoga, LaVale Library 10:30 am	
3	4	5	6	7	8	9
	Bingo Balance, HRDC 9:00 am	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 9:00am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	Yoga, LaVale Library 10:30 am	
10	11	12	13	14	15	16
	Bingo Balance, HRDC 9:00 am	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	
17	18	19	20	21	22	23
	Bingo Balance, HRDC 9:00 am	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:30 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	
24	25	26	27	28	29	30
	Bingo Balance, HRDC 9:00 am	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:30 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	
31						



* 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.