

UPMC Western Maryland
Community Health & Wellness
 For more information, call 240-964-8424



September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 LABOR DAY	3	4 Bingocize, Cumberland Sr. Ctr. (9:00am) Yoga, S. Cumberland Library (11:00am)	5 First Day: Mind-Body Skills Group (6:30am) Thursdays and Mondays through September 30. Last date to register: September 2, 2024.	6 Yoga, LaVale Library (10:30am)	7
8 	9 Bingocize, Cumberland Sr Ctr (9am) Body & Band Resistance Class, Frostburg Library (1:30pm) Chair Yoga, Gilcrest Museum (2:30pm)	10	11 Bingocize, Cumberland Sr. Ctr. (9:00am) Yoga, S. Cumberland Library (11:00am)	12	13 Yoga, LaVale Library (10:30am)	14
15	16 Bingocize, Cumberland Sr Ctr (9am) Body & Band Resistance Class, Frostburg Library (1:30pm) Chair Yoga, Gilcrest Museum (2:30pm)	17	18 Bingocize, Cumberland Sr. Ctr. (9:00am) Yoga, S. Cumberland Library (11:00am)	19 First Day: Building Better Caregivers (12:30pm), Thursdays through October 31, 2024. Last date to register: September 16, 2024	20 Yoga, LaVale Library (10:30am)	21
22	23 Bingocize, Cumberland Sr Ctr (9am) Body & Band Resistance Class, Frostburg Library (1:30pm) Chair Yoga, Gilcrest Museum (2:30pm)	24	25 Bingocize, Cumberland Sr. Ctr. (9:00am) Yoga, S. Cumberland Library (11:00am)	26	27 Yoga, LaVale Library (10:30am)	28
29	30 Bingocize, Cumberland Sr Ctr (9am) Body & Band Resistance Class, Frostburg Library (1:30pm) Chair Yoga, Gilcrest Museum (2:30pm)					

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.

MIND AND BODY SKILLS GROUP: September 5-30, 2024, Virtual Class. Learn ways to stay calm and unleash your creativity with mindfulness. To register, click on this link: [UPMC WMD Mind and Body Skills Group - Virtual](#)

BUILDING BETTER CAREGIVERS: September 19-October 31, 2024, In-Person or Virtual. Free seven-week interactive class designed to support and empower caregivers. To register, click on this link: [UPMC WMD Building Better Caregivers](#)