

PHASE II CARDIAC REHABILITATION EDUCATION

January 21 – March 28, 2008

Monday, Wednesday & Friday education classes: 9:45-10:30 a.m. and 2:15-3 p.m. Tuesday & Thursday classes: 9:45-10:30 a.m.
Family members and friends are welcome to attend. *Class topics are subject to change. Call 643-8426 if you need confirmation.*

Monday	Tuesday	Wednesday	Thursday	Friday
January 21 Anger	January 22 Diabetes	January 23 Menu Planning & Supermarket Shopping	January 24 Sodium & High Blood Pressure	January 25 Health & Spirituality
January 28 Break the Grip of Stress: Learn to Relax	January 29 <i>Break the Grip of Stress: Learn to Relax</i>	January 30 Cardiac Risk Factors	January 31 Supermarket Shopping	February 1 Dining Out
February 4 Tired of Feeling Tired?	February 5 <i>Tired of Feeling Tired?</i>	February 6 Exercise	February 7 Dining Out	No RA February 8 Nutrition & Your Heart Health
February 11 Medications	February 12 Medications	February 13 Coping with Change	February 14 Understanding Heart Disease	February 15 “What Should I Be Eating?”
February 18 Relationships	February 19 Exercise	February 20 Cholesterol & Fat	February 21 Nutrition & Your Heart Health	February 22 Sodium & Blood Pressure Weight Management
February 25 Impact of Stress	February 26 <i>Coping with Change</i>	February 27 Supermarket Shopping	February 28 “What Should I Be Eating?”	February 29 a.m. Understanding Heart Disease p.m. Diabetes
March 3 Anger	March 4 Relationships	March 5 a.m. Diabetes p.m. Understanding Heart Disease	March 6 Cardiac Risk Factors	March 7 Health & Spirituality
March 10 Break the Grip of Stress: Learn to Relax	March 11 Diabetes	March 12 Cardiac Risk Factors	March 13 Health & Spirituality	March 14 Exercise
March 17 Tired of Feeling Tired?	March 18 <i>Impact of Stress</i>	March 19 Dining Out	March 20 Cholesterol & Fat	March 21 Nutrition & Your Heart Health
March 24 Coping with Change	March 25 Anger	March 26 Medications	March 27 Sodium & Blood Pressure	March 28 “What Should I Be Eating?”