

## PHASE II CARDIAC REHABILITATION EDUCATION February 15 – May 7, 2010

Monday, Wednesday & Friday classes: 9:45-10:30 am and 2:15-3:00 pm. Tuesday & Thursday classes: 9:45-10:30 am.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>February 15</b> Relationships	<b>February 16</b> <i>Understanding Heart Disease</i>	<b>February 17</b> What Should I be Eating?	<b>February 18</b> <i>Diabetes</i>	<b>February 19</b> Medications
<b>February 22</b> Stress Management	<b>February 23</b> <i>Coping With Change</i>	<b>February 24</b> Cholesterol & Fat	<b>February 25</b> <i>Health &amp; Spirituality</i>	<b>February 26</b> AM: Cardiac Risk Factors PM: Diabetes
<b>March 1</b> Anger Management	<b>March 2</b> <i>Relationships</i>	<b>March 3</b> Sodium & Blood Pressure Weight Management	<b>March 4</b> <i>Nutrition &amp; Heart Health</i>	<b>March 5</b> AM: Diabetes PM: Cardiac Risk Factors
<b>March 8</b> Learn to Relax	<b>March 9</b> <i>Medications</i>	<b>March 10</b> Menu Planning, Shopping & Label Reading	<b>March 11</b> <i>What Should I Be Eating</i>	<b>March 12</b> Understanding Heart Disease
<b>March 15</b> Tired of Feeling Tired?	<b>March 16</b> <i>Cardiac Risk Factors</i>	<b>March 17</b> Dining Out	<b>March 18</b> <i>Cholesterol &amp; Fat</i>	<b>March 19</b> Health & Spirituality
<b>March 22</b> AM: Coping with Change PM: Nutrition & Heart Health	<b>March 23</b> <i>Stress Management</i>	<b>March 24</b> AM: Nutrition & Heart Health PM: Coping with Change	<b>March 25</b> <i>Exercise</i>	<b>March 26</b> Exercise
<b>March 29</b> Relationships	<b>March 30</b> <i>Learn to Relax</i>	<b>March 31</b> What Should I be Eating?	<b>April 1</b> <i>Sodium &amp; Blood Pressure Weight Management</i>	<b>April 2</b> Medications
<b>April 5</b> Stress Management	<b>April 6</b> <i>Tired of Feeling Tired?</i>	<b>April 7</b> Cholesterol & Fat	<b>April 8</b> <i>Menu Planning, Shopping &amp; Label Reading</i>	<b>April 9</b> AM: Cardiac Risk Factors PM: Diabetes
<b>April 12</b> Anger Management	<b>April 13</b> <i>Understanding Heart Disease</i>	<b>April 14</b> Sodium & Blood Pressure Weight Management	<b>April 15</b> <i>Dining Out</i>	<b>April 16</b> AM: Diabetes PM: Cardiac Risk Factors
<b>April 19</b> Learn to Relax	<b>April 20</b> Diabetes	<b>April 21</b> Menu Planning, Shopping & Label Reading	<b>April 22</b> <i>Health &amp; Spirituality</i>	<b>April 23</b> Understanding Heart Disease
<b>April 26</b> Tired of Feeling Tired?	<b>April 27</b> <i>Coping With Change</i>	<b>April 28</b> Dining Out	<b>April 29</b> <i>Diabetes</i>	<b>April 30</b> Health & Spirituality
<b>May 3</b> Coping with Change	<b>May 4</b> <i>Relationships</i>	<b>May 5</b> Nutrition & Heart Health	<b>May 6</b> <i>Nutrition &amp; Heart Health</i>	<b>May 7</b> Exercise