

## PHASE II CARDIAC REHABILITATION EDUCATION May 21-August 10,2012

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 21 Am: Risk Factors Pm: Diabetes	May 22 Exercise	May 23 Dining Out	May 24 Menu Planning, Shopping and Label reading	May 25 Anger Management
<b>May 28 CLOSED MEMORIAL DAY</b>	May 29 Stress Management	May 30 Nutrition and Your Health	May 31 Understanding Heart Disease	June 1 Exercise
June 4 Learn to Relax	June 5 Anger Management	June 6 What should I be eating???	June 7 Dining Out	June 8 Health and Spirituality
June 11 Tired of feeling tired	June 12 Diabetes	June 13 Cholesterol and Fat	June 14 Nutrition and Your Health	June 15 Coping with Change
June 18 Am: Diabetes Pm: Risk Factors	June 19 Learn to relax	June 20 Sodium	June 21 What should I be eating???	June 22 Medication
June 25 Advance Directives	June 26 Tired of Feeling Tired	June 27 Menu Planning, Shopping and Label reading	June 28 Health and Spirituality	June 29 Understanding Heart Disease
July 2 Stress Management	July 3 Medications	<b>July 4 CLOSED HOLIDAY</b>	July 5 Cholesterol and Fat	July 6 Anger Management
July 9 Am: Risk Factors Pm: Diabetes	July 10 Coping with Change	July 11 Dining Out	July 12 Cardiac Risk Factors	July 13 Exercise
July 16 Learn to Relax	July 17 Advance Directives	July 18 Nutrition and Your Health	July 19 Sodium	July 20 Health and Spirituality
July 23 Tired of feeling tired	July 24 Exercise	July 25 What should I be eating???	July 26 Menu Planning, Shopping and Label reading	July 27 Coping with change
July 30 Am: Diabetes Pm: Risk Factors	July 31 Stress Management	August 1 Cholesterol and Fat	August 2 Understanding Heart Disease	August 3 Medication
August 6 Advance Directives	August 7 Anger Management	August 8 Sodium	August 9 Dining Out	August 10 Understanding Heart Disease

5-1-12 crehab/crclasses/cr/schedules Family members & friends are encouraged to attend. Class topics are subject to change-  
Call 643-8426 for an update