

Cardiac Wellness Education Class – April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Classes will take place virtually, from the comfort of your own home, over the OTN platform.</p> <p>Please call 519-257-5111, ext. 72510 and leave a message with your name, phone number, date and name of class you are interested in signing up for.</p>			1	2 Good Friday No education classes
5	6	7 Heart Health 9:30 am Exercise Education 5:30 pm	8	9
12	13	14 Stress and Coping 10:00 am	15	16
19	20 Heart Health 5:30 pm	21	22 Nutrition 1:30 pm	23
26 Nutrition 5:30 pm	27	28 Stress and Coping 5:30 pm	29	30 Exercise Education 9:00 am