

| <b>Cardiac Wellness Education Class – March 2024</b>  |   |  |  |  |
|---|---|--|--|--|
| <b>Monday</b>   | <b>Tuesday</b>                                  | <b>Wednesday</b>                                       | <b>Thursday</b>                                    | <b>Friday</b>  |
| <p>LECTURES will take place <b>IN PERSON</b><br/>           (either the Tower Classroom- <u>HDGH Tayfour Campus</u> or<br/>           2<sup>nd</sup> Floor Auditorium- <u>Nature Fresh Farms Recreation Centre, Leamington Site</u>).<br/>           Please call 519-257-5111, ext. 72510 and leave a message with your name, phone<br/>           number, date and name of class you are interested in signing up for.</p> |   |  |  | <b>1</b>   |
| <b>4</b>  | <b>5</b>  | <b>6</b><br><b>Stress and Coping</b><br><b>10:30am</b> | <b>7</b>   | <b>8</b><br><b>Exercise</b><br><b>Education</b><br><b>10:00am</b>                                    |
|   | <b>Heart Health</b><br><b>5:30pm</b>            | <b>Stress and Coping</b><br><b>5:00pm</b>              |  |  |
| <b>11</b>   | <b>12</b>                                       | <b>13</b>  | <b>14</b>  | <b>15</b>  |
| <b>Nutrition</b><br><b>5:00pm</b>   |   |  |  |  |
| <b>18</b>   | <b>19</b>                                       | <b>20</b>  | <b>21</b><br><b>Heart Health</b><br><b>10:30am</b> | <b>22</b>  |
| <b>Exercise</b><br><b>Education</b><br><b>12:00pm</b><br>(LEAMINGTON)   |   | <b>Exercise</b><br><b>Education</b><br><b>5:30pm</b>   |  |  |
| <b>25</b>   | <b>26</b><br><b>Nutrition</b><br><b>10:30am</b> | <b>27</b>  | <b>28</b>  | <b>29</b><br><b>GOOD FRIDAY</b><br><b>HOLIDAY</b><br><br><b>Cardiac Wellness</b><br><b>is CLOSED</b> |