

<b>Cardiac Wellness Education Class – SEPTEMBER 2023</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>LECTURES</b> will take place <b>VIRTUALLY</b> (one class per month) over the OTN platform, or <b>IN PERSON</b> (either the Tower Classroom- <u>HDGH Tayfour Campus</u> OR 2<sup>nd</sup> Floor Auditorium- <u>Nature Fresh Farms Recreation Centre, Leamington Site</u>).</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>				<b>1</b>
<b>4</b>  Cardiac Wellness is CLOSED  LABOUR DAY	<b>5</b>	<b>6</b>	<b>7</b>  <b>Heart Health 10:30am</b>	<b>8</b>
<b>11</b>	<b>12</b>  <b>Heart Health 5:30pm</b>	<b>13</b>  <b>Nutrition 10:30am</b>  <b>Exercise Education 5:30pm</b>	<b>14</b>	<b>15</b>
<b>18</b>	<b>19</b>	<b>20</b>  <b>Stress &amp; Coping 10:30am (virtual)</b>  <b>Heart Health 12:00pm <u>LEAMINGTON SITE</u></b>	<b>21</b>	<b>22</b>
<b>25</b>  <b>Nutrition 5:00pm</b>	<b>26</b>	<b>27</b>  <b>Stress &amp; Coping 5:30pm</b>	<b>28</b>	<b>29</b>  <b>Exercise Education 10:30am</b>