

Cardiac Wellness Education Class – MAY 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Heart Health 5:30pm	5	6	7
10	11	12 Stress and Coping 5:30pm	13	14
17	18	19 Heart Health 10:00am Exercise Education 5:30pm	20 Nutrition 1:30pm	21
24 VICTORIA DAY HOLIDAY Cardiac Wellness is CLOSED	25	26 Stress and Coping 1:30pm	27	28 Exercise Education 9:00am
31 Nutrition 5:30pm	<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>			