

Cardiac Wellness Education Class – DECEMBER 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Stress & Coping 1:30pm	4
7	8	9 Heart Health 5:30pm	10	11 Exercise Education 9:00am
14	15	16 Exercise Education 5:30pm	17 Nutrition 1:30pm	18
21 Nutrition 5:30pm	22 Heart Health 10:00am	23	24 CHRISTMAS HOLIDAY No education lectures	25 CHRISTMAS HOLIDAY No education lectures
28 CHRISTMAS HOLIDAY No education lectures	29	30	31	1 CHRISTMAS HOLIDAY No education lectures

Classes will take place virtually, from the comfort of your own home,
over the OTN platform.

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.