

Cardiac Wellness Education Class – NOVEMBER 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Stress & Coping 10:00am	4	5	6
9	10	11 REMEMBERANCE DAY No education lectures	12	13 Exercise Education 9:00am
16	17	18 Stress & Coping 5:30pm	19 Nutrition 1:30pm	20
23 Nutrition 5:30pm	24	25 Exercise Education 5:30pm	26	27 Heart Health 10:00am
30	<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>			