

APRIL 2008 - EDUCATION SCHEDULE

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
To register for classes, call the kinesiologists at: 519-254-5577, ext. 72510	Heart Health 6:00 pm		Future Planning 6:00 pm	
	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10
	Smoking Cessation 10:00 am	Hot Topics: Exercise & Diabetes 10:00 am	Exercise Education 10:00 am	
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
	Heart Health 10:00 am	Future Planning 10:00 am	Nutrition 6:00 pm	
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
	Smoking Cessation 6:00 pm	Medications 10:00 am Exercise Education 6:00 pm	Emotions & Coping 10:00 am Medications 6:00 pm	
MONDAY 28	TUESDAY 29	WEDNESDAY 30	The Cardiac Wellness Centre staff would like to extend a warm welcome to JUDY VAN NEST, our new Social Worker! Please help us in making her feel welcome!	
		Nutrition 10:00 am Emotions & Coping 6:00 pm		