

DECEMBER 2007 - EDUCATION SCHEDULE

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
To register for the education classes, please call the Kinesiologists at 254-5577 ext. 72510	Future Planning 10:00 a.m.	Nutrition 10:00 a.m.		Functional Strength training Level I 2:00 p.m.
	Smoking Cessation 10:00 a.m.	**Caboto Charity Pasta Nite** 4:30-7:30 p.m. (a portion of the proceeds goes to Cardiac Wellness!!)		
	Medications 6:00 p.m.			
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
	Heart Health 10:00 a.m.	Emotions & Coping 10:00 a.m.		Functional Strength Training Level II 2:00 p.m.
		Nutrition 6:00 p.m.	Emotions & Coping 6:00 p.m.	
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
	Exercise Education 10:00 a.m.	Medications 10:00 a.m.		
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
CARDIAC WELLNESS CENTRE CLOSED Dec 24 th to Dec. 28 th , 2008 CWC will be open Monday December 31 st 7:00 a.m.-4:00 p.m., closed Tuesday January 1 st and regular hours and exercise classes to resume on Wednesday, January 2 nd , 2008				
MONDAY 31				