

## FEBRUARY 2008 - EDUCATION SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
<p><b>LOOKING FOR THE PERFECT VALENTINE'S DAY GIFT?</b>            Celebrate Heart Month by bringing your loved one to the Windsor-Essex Cardiac Wellness Centre's 6<sup>th</sup> annual fundraiser  <b>"AN EVENING OF HEART AND ENCHANTMENT"</b>            Dinner, Fashion Show &amp; Silent Auction  <b>Friday, February 8<sup>th</sup>, 2008 @ Ciociaro Club of Windsor</b>            Tickets are \$60.00 each (\$25.00 tax receipt available)            All proceeds go to the Windsor-Essex Cardiac Wellness Centre!</p>				
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
	Heart Health 10:00 a.m.  Medications 6:00 p.m.			<b>**CWC Fundraiser:            "An Evening of            Heart and            Enchantment"            Dinner, Fashion            Show &amp; Silent            Auction            Ciociaro Club @            6pm</b>
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
	Nutrition 10:00 a.m.  Smoking Cessation 6:00 p.m.	Future Planning 10:00 a.m.	Exercise Education 6:00 p.m.	
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>Cardiac Wellness            Centre            CLOSED</b>  (Family Day)	Smoking Cessation 10:00 a.m.	Exercise Education 10:00 a.m.	Medications 10:00 a.m.  Nutrition 6:00 p.m.	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
	Heart Health 6:00 p.m.	Future Planning 6:00 p.m.	Men & Heart Disease 10:00 a.m.	<b>To register for the            education classes,            please call the            Kinesiologists at            254-5577            ext. 72510</b>