

JANUARY 2008 - EDUCATION SCHEDULE

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Cardiac Wellness Open 8am-4pm (Please call ext. 72510 if you would like to make alternate arrangements to exercise)	Cardiac Wellness Centre <u>CLOSED</u> (New Year's Day)	**Caboto Charity Pasta Nite** 4:30-7:30 p.m. (a portion of the proceeds goes to Cardiac Wellness!!)		
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
	Nutrition 10:00 a.m. Smoking Cessation 10:00 a.m.		Nutrition 6:00 p.m.	
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
	Heart Health 10:00 a.m.	Future Planning 10:00 a.m. Emotions & Coping 6:00 p.m.	Emotions & Coping 10:00 a.m. Future Planning 6:00 p.m.	
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
	Smoking Cessation 6:00 p.m. Exercise Education 6:00 p.m.		Medications 10:00 a.m.	
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY
	Heart Health 6:00 p.m.	Exercise Education 10:00 a.m.	Medications 6:00 p.m.	To register for the education classes, please call the Kinesiologists at 254-5577 ext. 72510