

JUNE 2008 - EDUCATION SCHEDULE

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
To sign up for classes, call the kinesiologists at 519-254-5577, ext. 72510	Smoking Cessation 10:00 am			
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
JUNE HOLIDAY Cardiac Wellness Centre is CLOSED	Heart Health 6:00 pm	Exercise Education 10:00 am Medications 6:00 pm		
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Heart Health 10:00 am		Future Planning 10:00 am Emotions & Coping 6:00 pm	Medications 10:00 am Nutrition 6:00 pm	
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Future Planning 6:00 pm	Nutrition 10:00 am Smoking Cessation 6:00 pm	Emotions & Coping 10:00 am Exercise Education 6:00 pm		
MONDAY 30	<p>Please remember that MONDAY, JUNE 9 is a holiday. The Windsor-Essex Cardiac Wellness Centre is CLOSED - be sure to exercise on your own!</p>			