

MARCH 2008 - EDUCATION SCHEDULE

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<p>To register for classes, call the kinesiologists at: 519-254-5577, ext. 72510</p>	<p>Heart Health 10:00 am</p>		<p>Medications 10:00 am</p>	
	<p>Exercise Education 6:00 pm</p>			
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
		<p>Exercise Education 10:00 am</p>		
			<p>Future Planning 6:00 pm</p>	
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
		<p>Nutrition 10:00 am</p>		<p>Holiday: GOOD FRIDAY</p> <p>Cardiac Wellness Centre is CLOSED</p>
	<p>Heart Health 6:00 pm</p>		<p>Medications 6:00 pm</p>	
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
	<p>Smoking Cessation 10:00 am</p>	<p>Future Planning 10:00 am</p>	<p>Congestive Heart Failure 10:00 am</p>	
			<p>Nutrition 6:00 pm</p>	
MONDAY 31				
<p>The staff of the Cardiac Wellness Centre would like to extend a big THANK YOU to all the participants, volunteers and guests who came out to support "An Evening of Heart and Enchantment". Your support is greatly appreciated! Looking forward to seeing you all next year!</p>				