

NOVEMBER 2008 – EDUCATION SCHEDULE

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<p><i>"Always keep learning - it keeps you young." - Patty Berg</i></p>	<p>Heart Health 6:00 pm</p>	<p>CHILIFEST!* 11am-2pm Windsor Armouries Building (University Ave & Freedom Way)</p> <p>Cardiac Wellness Centre is CLOSED</p>		
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<p>Cardiac Wellness Centre is CLOSED</p>	<p>REMEMBRANCE DAY</p> <p>Cardiac Wellness Centre is CLOSED</p>	<p>Heart Health 10:00 am</p> <p>Exercise Education 6:00 pm</p>	<p>Future Planning 10:00 am</p>	
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
		<p>Medications 10:00 am</p> <p>Emotions & Coping 6:00 pm</p>	<p>Emotions & Coping 10:00 am</p> <p>Nutrition 6:00 pm</p>	
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<p>Exercise Education 10:00 am</p>	<p>Smoking Cessation 10:00 am</p> <p>Future Planning 6:00 pm</p>	<p>Nutrition 10:00 am</p> <p>Medications 6:00 pm</p>		

On **Wednesday, November 5th**, be sure to come out and support
CHILIFEST!

Where? The old Windsor Armouries (University Avenue & Freedom Way)

When? Between 11am and 2pm

Tickets: \$5 in advance, or \$7 at the door

*Chili provided by over 50 Windsor-area restaurants and served by your friendly firefighters and proceeds to
benefit the Windsor-Essex Cardiac Wellness Centre*