

SEPTEMBER 2008 - EDUCATION SCHEDULE

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
LABOUR DAY The Cardiac Wellness Centre is CLOSED				"Walk of Life for Cardiac Rehabilitation" @6:00pm Riverside Sportsmen Club
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
	Heart Health 10:00 am	Medications 10:00 am	Hot Topic: "Why Should I Take My Meds?" 10:00 am Nutrition 6:00 pm	
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Exercise Education 10:00 am	Heart Health 6:00 pm	Future Planning 10:00 am Emotions & Coping 6:00 pm	Emotions & Coping 10:00 am	
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
	Smoking Cessation 10:00 am Medications 6:00 pm	Nutrition 10:00 am Future Planning 6:00 am	Hot Topic: Herbal Supplements 10:00 am Exercise Education 6:00 pm	
MONDAY 29	TUESDAY 30	To sign up for our education classes, please call the kinesiologists at (519)#254-5577, ext. 72510 <i>"Education is the movement from darkness to light." - Allan Bloom</i>		
	Smoking Cessation 6:00 pm			