







Cardiovascular Rehabilitation Education Class Schedule



Mon, Wed, Fri: 9:15, 11:15, 2:15, 3:15
 Tues & Thurs: 9:15 & 11:15

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|--|--|--------|
| | | | 1 | 2 |
| 5 | 6 | 7 Blood Pressure & Cholesterol  | 8 Blood Pressure & Cholesterol  | 9 |
| 12 | 13 | 14 Support Group  | 15 Support Group  | 16 |
| 19 | 20 | 21 Medications  | 22 Medications  | 23 |
| 26 | 27 | 28 Heart Healthy Nutrition  | 29 Heart Healthy Nutrition  | 30 |

Strength training is offered each day Monday through Friday, unless otherwise indicated

Class schedule can also be found at:
<http://carsontahoe.com/cardiac-rehabilitation>