



Cardiovascular Rehabilitation Education Class Schedule April 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4  Blood Pressure & CHOLESTEROL	5  Blood Pressure & CHOLESTEROL	6
9	10	11	12	13
16	17	18 Support Group 	19 Support Group 	20
23	24	25 Medications  Know Your Meds	26 Medications  Know Your Meds	27
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>