

# 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	3	4
7	8	9 Heart Healthy Nutrition 	10 Heart Healthy Nutrition 	11
14	15	16 Food Labels 	17 Food Labels 	18
21	22	23	24	25
28	29	30 Inflammation 	31 Inflammation 	

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

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