

Cardiac 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
6	7	8 Heart Healthy Nutrition 	9 Heart Healthy Nutrition 	10
13	14	15 Food Labels 	16 Food Labels 	17
20	21	22	23	24
27	28	29 Inflammation 	30 Inflammation 	31

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

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