

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 Heart Healthy Nutrition 	2 Heart Healthy Nutrition 	3
6	7	8 Food Labels 	9 Food Labels 	10
13	14	15	16	17
20	21	22 Inflammation 	23 Inflammation 	24
27 Closed 	28	29	30	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>