

Cardiovascular Rehabilitation Education Class Schedule

October 2019

Mon, Wed, Fri: 9:15, 11:15, 2:15, 3:15

Tues & Thurs: 9:15 & 11:15



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 STRESS REDUCTION A green frog is perched on a lily pad, with a person's legs visible in the background.	3 STRESS REDUCTION A green frog is perched on a lily pad, with a person's legs visible in the background.	4
7	8	9	10	11
14	15	16 Support Group An icon showing two stylized human figures holding hands, with a heart symbol below them.	17 Support Group An icon showing two stylized human figures holding hands, with a heart symbol below them.	18
21	22	23	24	25
28 Anatomy of the Heart A detailed anatomical illustration of a human heart.	29 Anatomy of the Heart A detailed anatomical illustration of a human heart.	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>