

# 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 Heart Healthy Nutrition 	4 Heart Healthy Nutrition 	5
8	9	10	11	12
15	16	17 Food Labels 	18 Food Labels 	19
22	23	24 Inflammation & Sitting Time 	25 Inflammation & Sitting Time 	26
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>