

Cardiac Wellness Education Class – JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">LECTURES will take place IN PERSON (Tower Classroom- <u>HDGH Tayfour Campus</u> or 1ST Floor Classroom- <u>Nature Fresh Farms Recreation Centre, LEAMINGTON SITE</u>).</p> <p align="center">Please call 519-257-5111, ext. 72510 and leave a message with your name, phone number, date and name of class you are interested in signing up for.</p>			2	3
6	7	8 Stress & Coping 10:30am Heart Health 5:30pm	9 Nutrition 10:00am	10
13	14	15 Exercise Education 5:30pm	16	17
20 Nutrition 5:00pm	21	22 Stress & Coping 5:30pm	23 Heart Health 10:30am	24
27	28	29 Exercise Education <u>(LEAMINGTON)</u> 12:00pm	30	31 Exercise Education 10:00am