

Cardiac Wellness Education Class – DECEMBER 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Nutrition (LEAMINGTON) 12:00pm	3 Stress & Coping 10:30am Heart Health 5:30pm	4	5	6 Exercise Education 10:00am
9	10 Stress & Coping 5:00pm	11 Safe Strength Training and your Heart 5:30pm	12	13
16	17 Heart Health 10:30am	18	19 Nutrition 10:00am	20
23 Cardiac Wellness is CLOSED	24 Cardiac Wellness is CLOSED	25 CHRISTMAS HOLIDAY Cardiac Wellness is CLOSED	26 CHRISTMAS HOLIDAY Cardiac Wellness is CLOSED	27 Cardiac Wellness is CLOSED
30	31	<p>LECTURES will take place IN PERSON (either the Tower Classroom- <u>HDGH Tayfour Campus</u> or 1st Floor Classroom- <u>Nature Fresh Farms Recreation Centre, Leamington Site</u>).</p> <p>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>		