

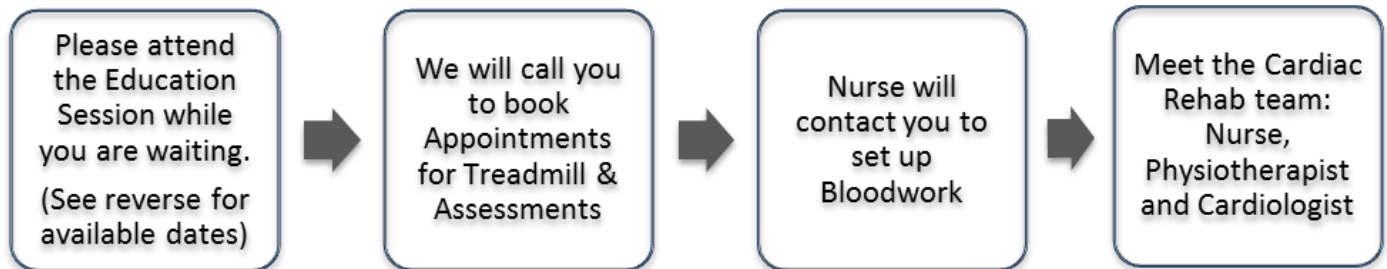
Cardiac Rehab Centre Education Session January – March 2020

DATE	TIME	TOPIC	LOCATION
Jan 14	1-2:30	The Heart Plumbing & Electrical	Auditorium-Johnson 1
Jan 21	1-2:30	You & Your Medications	Auditorium-Johnson 1
Jan 28	1-2:30	Nutrition Fat-Friend or Foe?	Auditorium-Johnson 1
Feb 4	1-2:30	Nutrition Making Sense of Sugar	Auditorium-Johnson 1
Feb 11	1-2:30	Nutrition Salt & the Fine Art of Label Reading	Auditorium-Johnson 1
Feb 18	11-12:30	Stress Recognize & Manage Stress	Auditorium-Johnson 1
Feb 25	11-12:30	Stress Making a Change	Auditorium-Johnson 1
March 3	11-12:30	Stress Personal Wellness Plan	Auditorium-Johnson 1
March 10	1-2:30	Exercise 1 How to get FITT	Auditorium- Johnson 1
March 17		NO EDUCATION SESSION	
March 24	1-2:30	Exercise 2	Auditorium–Johnson 1

Check “<http://www.kingstonhsc.ca/clinic/cardiac-rehabilitation-centre>” for any last minute changes to the schedule.

We have received your referral to the Cardiac Rehabilitation Centre!!

What will happen while you are waiting to attend:



Located in the Auditorium, Johnson 1, Hotel Dieu Hospital.

Registration is not necessary.

Please visit our website for schedule changes and updates:

<http://www.kingstonhsc.ca/clinic/cardiac-rehabilitation-centre>

We look forward to seeing you there !

Sincerely,

The Cardiac Rehab Team
Cardiac Rehabilitation Centre
Kingston Health Sciences Centre
Hotel Dieu Hospital
(613) 544-3400 ext 3123