

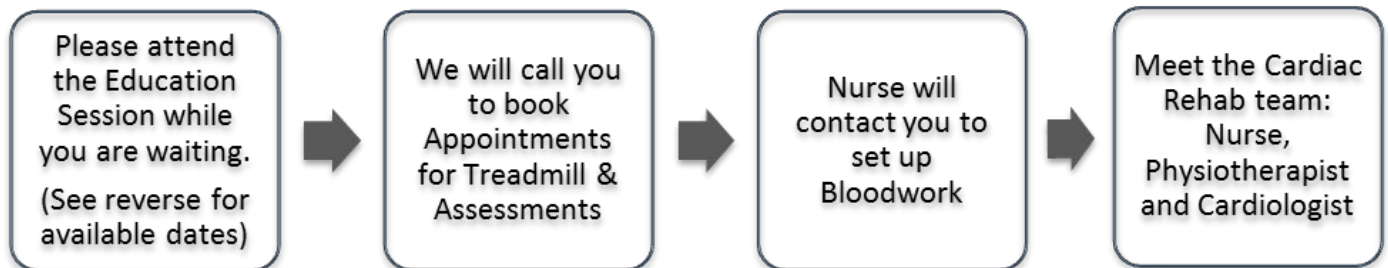
## Cardiac Rehab Centre Education Session October to December, 2020

| DATE   | TIME     | TOPIC  | LOCATION              |
|--------|----------|--|-----------------------|
| Oct 6  | 1-2:30   | <b>The Heart</b><br>Plumbing & Electrical                | Auditorium-Johnson 1  |
| Oct 13 | 1-2:30   | <b>You &amp; Your Medications</b>                        | Auditorium-Johnson 1  |
| Oct 20 | 1-2:30   | <b>Nutrition</b><br>Fat-Friend or Foe?                   | Auditorium-Johnson 1  |
| Oct 27 | 1-2:30   | <b>Nutrition</b><br>Making Sense of Sugar                | Auditorium-Johnson 1  |
| Nov 3  | 1-2:30   | <b>Nutrition</b><br>Salt & the Fine Art of Label Reading | Auditorium-Johnson 1  |
| Nov 10 | 11-12:30 | <b>Stress</b><br>Recognize & Manage Stress               | Auditorium-Johnson 1  |
| Nov 17 | 11-12:30 | <b>Stress</b><br>Making a Change                         | Auditorium-Johnson 1  |
| Nov 24 | 11-12:30 | <b>Stress</b><br>Personal Wellness Plan                  | Auditorium-Johnson 1  |
| Dec 1  | 1-2:30   | <b>Exercise 1</b><br>How to get FITT                     | Auditorium- Johnson 1 |
| Dec 8  | 1-2:30   | <b>Exercise 2</b>  | Auditorium-Johnson 1  |

Check "kingstonhsc.ca" for any last minute changes to the schedule.

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

What will happen while you are waiting to attend:



**Please attend the Education Sessions while you are waiting.**

**For Times & Dates please see other side for the schedule.**

**Location: Auditorium, Johnson 1, Hotel Dieu Hospital.**

*Registration is not necessary.*

We look forward to seeing you there !

Sincerely,

Lori Hanson, Secretary  
Cardiac Rehabilitation Centre  
Kingston Health Sciences Centre  
Hotel Dieu Hospital  
(613) 544-3400 ext 3123

VISIT OUR WEB-SITE!!

**Kingstonhsc.ca**

- Choose "Care & Support Services"
- All Programs & Services
- Go to "C"
- Choose "Cardiac Rehabilitation Centre"