

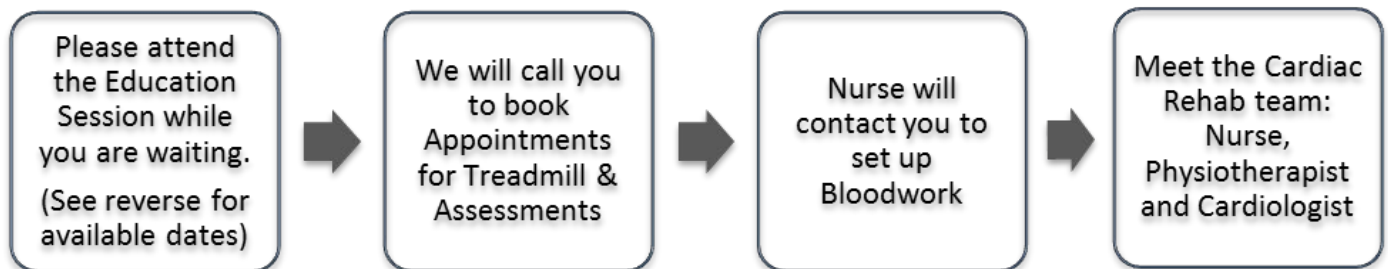
Cardiac Rehab Centre Education Session July – Sept 2020

DATE	TIME	TOPIC	LOCATION
July 7	1-2:30	The Heart Plumbing & Electrical	Auditorium-Johnson 1
July 14	1-2:30	You & Your Medications	Auditorium-Johnson 1
July 21	1-2:30	Nutrition Fat-Friend or Foe?	Auditorium-Johnson 1
July 28	1-2:30	Nutrition Making Sense of Sugar	Auditorium-Johnson 1
Aug 4		No Education Session	
Aug 11		No Education Session	
Aug 18	1-2:30	Nutrition Salt & the Fine Art of Label Reading	Auditorium-Johnson 1
Aug 25	11-12:30	Stress Recognize & Manage Stress	Auditorium-Johnson 1
Sep 1	11-12:30	Stress Making a Change	Auditorium-Johnson 1
Sep 8	11-12:30	Stress Personal Wellness Plan	Auditorium-Johnson 1
Sept 15	1-2:30	Exercise 1 How to get FITT	Auditorium- Johnson 1
Sep 22	1-2:30	Exercise 2	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.

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"

