



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>LABOR DAY</b> <b>No Classes</b></p>	<p><b>3</b></p> <p><b>10:00am</b> – Dietary Tips for Better Breathing <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – 4 Step Stress Management Approach</p>	<p><b>4</b></p> <p><b>8:30am, 11:30am</b> – 4 Step Stress Management Approach</p>	<p><b>5</b></p> <p><b>10:00 am</b> – Challenging Negative Thoughts &amp; Increasing Positivity <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – DASH <b>12:30 pm</b> – Taking Control of Your Lung Disease</p>	<p><b>6</b></p> <p><b>8:30am or 11:30am</b> – DASH <b>9:30 am</b> – Understanding Your Lung Function</p>
<p><b>9</b></p> <p><b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm, 6:00pm</b> – Blood Pressure <b>9:30 am, 12:30 pm</b> – Proper Nutrition Guidelines</p>	<p><b>10</b></p> <p><b>10:00 am</b> – Taking Control of Your Lung Disease <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – Mindfulness Relaxation Techniques</p>	<p><b>11</b></p> <p><b>8:30am or 11:30am</b> – Mindfulness Relaxation Techniques</p>	<p><b>12</b></p> <p><b>10:00 am</b> – Understanding Your Lung Function <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – Nutrition Facts/Labels <b>12:30 pm</b> – Understanding Your Lung Function</p>	<p><b>13</b></p> <p><b>8:30am or 11:30am</b> – Nutrition Facts/Labels <b>9:30 am</b> – Getting to Know Your Lung Disease</p>
<p><b>16</b></p> <p><b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm</b> Blood Pressure Medications <b>9:30 am, 12:30 pm</b> - Stress Management Benefits for Pulmonary Rehab</p>	<p><b>17</b></p> <p><b>10:00am</b> – Maintaining a Healthy Weight <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – Depression Warning Signs</p>	<p><b>18</b></p> <p><b>8:30am or 11:30am</b> Depression Warning Signs</p>	<p><b>19</b></p> <p><b>10:00 am</b> – Depression Warning Signs <b>10:30am, 2:00pm, 3:30pm or 6:00 pm</b> – Ask the RD <b>12:30 pm</b> – Getting to Know Your Lung Disease</p>	<p><b>20</b></p> <p><b>8:30am or 11:30am</b> – Ask the RD <b>9:30 am</b> – Breathe Easy</p>
<p><b>23</b></p> <p><b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm</b> – Arrhythmias <b>9:30 am, 12:30 pm</b> – Meal Planning Quick &amp; Easy Meal Prep <b>6:30 - 7:30 pm</b> – Mind Body Connection for Wellness CR 3</p>	<p><b>24</b></p> <p><b>10:00am</b> – Understanding Your Lung Function <b>10:30am, 2:00pm, 3:30pm or 6:00pm</b> – Challenging Negative Thoughts</p>	<p><b>25</b></p> <p><b>8:30am or 11:30am</b> – Challenging Negative Thoughts</p>	<p><b>26</b></p> <p><b>10:00 am</b> – Getting to Know Your Lung disease <b>10:30am, 2:00pm, 3:30pm or 6:00 pm</b> – Weight Management <b>12:30 pm</b> – Breathe Easy</p>	<p><b>27</b></p> <p><b>8:30am or 11:30 am</b> – Weight Management <b>9:30 am</b> – Taking Control of Your Lung Disease</p>
<p><b>30</b></p> <p><b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm</b> Cholesterol <b>9:30 am, 12:30 pm</b> Relaxation Techniques</p>				<p>All classes are 20 minutes, except pulmonary which are 30 minutes. Classes are held in classroom 2 on the main level unless otherwise noted.</p>

# Education Classes

## Risk Factors / Heart Health

Angina  
 Arrhythmias  
 Blood Pressure  
 Blood Pressure/Medications  
 Cardiovascular Anatomy and Physiology  
 Cholesterol  
 Congestive Heart Failure

## Stress Management / Sleep

Anger Management  
 Behavior Change/Smoking Cessation  
 Challenging Negative Thoughts  
 Depression Warning Signs  
 4 Step Stress Management Approach  
 Humor  
 Mindfulness  
 Relaxation Techniques  
 Setting Boundaries  
 Sleep Hygiene  
 Stress Awareness Overview

## Pulmonary

Breathe Easy  
 Challenging Negative Thoughts & increasing Positivity  
 Dietary Tips for Better Breathing  
 Energy Conservation  
 Getting to Know Your Lung Disease  
 Maintaining a Healthy Weight  
 Meal Planning – Quick & Easy Meal Prep  
 Medications to Control Breathlessness  
 Proper Nutrition Guidelines  
 Stress Management Benefits for Pulmonary Rehab  
 Taking Control of Breathlessness  
 Taking Control of Your Lung Disease  
 Understanding Your Lung Function

## Exercise

Energy Conservation  
 Exercise Basics/Benefits  
 Maintaining an Active Lifestyle  
 Obesity & Exercise for Weight Loss

## Nutrition

Ask the Dietitian  
 DASH Diet  
 Dining Out  
 Fats, Good, Bad & Ugly  
 Fiber  
 Hydration  
 Meal Planning  
 Mediterranean Diet  
 Nutrition Facts/Label  
 Quick & Easy Meal Prep  
 Weight Management

You are welcome to attend any class (es) that interest you. Refer to the monthly calendar for dates and times. The core classes are strongly encouraged to help build your basic foundation for making healthy lifestyle changes.