<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</thead>
</table>
| 3 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Congestive Heart Failure  
9:30 am, 12:30 pm – Dietary Tips for Better Breathing                  | 4 10:00am – Proper Nutrition Guidelines  
10:30am, 2:00pm, 3:30pm or 6:00pm – Behavior Change                     | 5 8:30am or 11:30am – Behavior Change                                    | 6 10:00 am – Taking Control of Your Lung Disease  
10:30am, 2:00pm, 3:30pm or 6:00 pm – Hydration  
12:30 pm – Understanding Your Lung Function                           | 7 8:30am or 11:30am – Hydration  
9:30 am – Understanding Your Lung Function                            |
| 10 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Cardiovascular Anatomy and Physiology  
9:30 am, 12:30 pm – Challenging Negative Thoughts & Increasing Positivity | 11 10:00 am – Getting to Know Your Lung Disease  
10:30am, 2:00pm, 3:30pm or 6:00pm – Stress Awareness Overview          | 12 8:30am or 11:30am – Stress Awareness Overview                         | 13 10:00 am – Stress Management Benefits for Pulmonary Rehab  
10:30am, 2:00pm, 3:30pm or 6:00 pm – Dining Out  
12:30 pm – Getting to Know Your Lung Disease                           | 14 8:30am or 11:30am – Dining Out  
9:30 am – Getting to Know Your Lung Disease                            |
| 17 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm, 6:00pm – Exercise Basics/Benefits  
9:30 am, 12:30 pm – Maintaining a Healthy Weight  
6:30 - 7:30 pm – 10 Ways to Improve Your Diet – cr 3                     | 18 10:00 am – Meal Planning Quick & Easy Meal Prep  
10:30am, 2:00pm, 3:30pm or 6:00pm – 4 Step Stress Management Approach | 19 8:30am or 11:30am – 4 Step Stress Management Approach                | 20 10:00 am – Understanding Your Lung Function  
10:30am, 2:00pm, 3:30pm or 6:00 pm – DASH  
12:30 pm – Breathe Easy                                                | 21 8:30am or 11:30am – DASH  
9:30 am – Breathe Easy                                                  |
| 24 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Blood Pressure  
9:30 am, 12:30 pm – Depression Warning Signs                              | 25 10:00 am – Breathe Easy  
10:30am, 2:00pm, 3:30pm or 6:00pm – Mindfulness Relaxation Techniques | 26 8:30am or 11:30am – Mindfulness Relaxation Techniques                | 27 10:00 am – Relaxation Techniques  
10:30am, 2:00pm, 3:30pm or 6:00 pm – Nutrition Facts/Labels  
12:30 pm – Taking Control of Your Lung Disease                           | 28 8:30am or 11:30am – Nutrition Facts/Labels  
9:30 am – Taking Control of Your Lung Disease                            |

All classes are 20 minutes, except pulmonary which are 30 minutes. Classes are held in classroom 2 on the main level unless otherwise noted.
## 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.