



Monday	Tuesday	Wednesday	Thursday	Friday
	<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>		<p><b>1</b> 10:00am – Breathe Easy</p> <p>10:30am, 2:00pm, 3:30pm or 6:00 pm - Hydration</p> <p>12:30 pm - Breathe Easy</p>	<p><b>2</b></p> <p>8:30am or 11:30am - Hydration</p> <p>9:30 am – Taking Control of your Lung Disease</p>
<p><b>5</b> 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm - Exercise Basics/Benefits</p> <p>9:30 am, 12:30 pm – Depression Warning Signs</p>	<p><b>6</b> 10:00am – Taking Control of Breathlessness</p> <p>10:30am, 2:00pm, 3:30pm or 6:00pm – Mindfulness/ Relaxation Techniques</p>	<p><b>7</b></p> <p>8:30am or 11:30am - Mindfulness/ Relaxation Techniques</p>	<p><b>8</b> 10:00 am – Stress Management Benefits for Pulmonary Rehab</p> <p>10:30am, 2:00pm, 3:30pm or 6:00 pm – Dining Out</p> <p>12:30 pm – Medications to Control Breathlessness</p>	<p><b>9</b></p> <p>8:30am or 11:30am – Dining Out</p> <p>9:30 am - Medications to Control Breathlessness</p>
<p><b>12</b> 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Blood Pressure</p> <p>9:30 am, 12:30 pm – Dietary Tips for Better Breathing</p>	<p><b>13</b></p> <p>10:00 am – Maintaining a Healthy Weight</p> <p>10:30am, 2:00pm, 3:30pm or 6:00pm – Blood Pressure/Medications</p>	<p><b>14</b></p> <p>8:30am or 11:30am Blood Pressure/Medications</p>	<p><b>15</b> 10:00 am – Taking Control of Your Lung Disease</p> <p>10:30am, 2:00pm, 3:30pm or 6:00pm - DASH</p> <p>12:30 pm – Taking Control of Your Lung Disease</p>	<p><b>16</b></p> <p>8:30am or 11:30am - DASH</p> <p>9:30 am – Understanding Your Lung Function</p>
<p><b>19</b> 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm Arrhythmias</p> <p>9:30 am, 12:30 pm Stress Management Benefits for Pulmonary Rehab</p>	<p><b>20</b></p> <p>10:00am – Understanding Your Lung Function</p> <p>10:30am, 2:00pm, 3:30pm or 6:00pm – Depression Warning Signs</p>	<p><b>21</b></p> <p>8:30am or 11:30am Depression Warning Signs</p>	<p><b>22</b> 10:00 am - Relaxation Techniques</p> <p>10:30am, 2:00pm, 3:30pm or 6:00 pm – Nutrition Facts/Labels</p> <p>12:30 pm - Understanding Your Lung Function</p>	<p><b>23</b></p> <p>8:30am or 11:30 am - Nutrition Facts/Labels</p> <p>9:30 am – Getting to Know Your Lung Disease</p>
<p><b>26</b> 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm Cholesterol</p> <p>9:30 am, 12:30 pm Maintaining a Healthy Weight</p>	<p><b>27</b></p> <p>10:00am – Proper Nutrition Guidelines</p> <p>10:30am, 2:00pm, 3:30pm or 6:00pm – Challenging Negative Thoughts</p>	<p><b>28</b></p> <p>8:30am or 11:30am - Challenging Negative Thoughts</p>	<p><b>29</b></p> <p>10:00 am – Understanding Your Lung Function</p> <p>10:30am, 2:00pm, 3:30pm or 6:00 pm – Ask the Dietitian</p> <p>12:30 pm – Getting to Know Your Lung Disease</p>	<p><b>30</b></p> <p>8:30am or 11:30 am - Ask the Dietitian</p> <p>9:30 am – Energy Conservation</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/Labels

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.