



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> <b>8:30am or 11:30am - DASH</b>  <b>9:30 am – Understanding Your Lung Function</b></p>
<p><b>4</b> <b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm - Cholesterol</b> <b>9:30 am, 12:30 pm – Proper Nutrition Guidelines</b></p>	<p><b>5</b> <b>10:00am – Meal Planning</b>  <b>10:30am, 2:00pm, 3:30pm or 6:00pm – Challenging Negative Thoughts</b></p>	<p><b>6</b> <b>8:30am or 11:30am – Challenging Negative Thoughts</b></p>	<p><b>7</b> <b>10:00 am – Breathe Easy</b> <b>10:30am, 2:00pm, 3:30pm or 6:00 pm – Nutrition Facts/Labels</b> <b>12:30 pm – Breathe Easy</b></p>	<p><b>8</b> <b>8:30am or 11:30am – Nutrition Facts/Labels</b> <b>9:30 am – Breathe Easy</b></p>
<p><b>11</b> <b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Obesity and Exercise for Weight Loss</b> <b>9:30 am, 12:30 pm – Relaxation Techniques</b></p>	<p><b>12</b> <b>10:00 am – Taking Control of Your Lung Disease</b> <b>10:30am, 2:00pm, 3:30pm or 6:00pm – Setting Boundaries</b></p>	<p><b>13</b> <b>8:30am or 11:30am</b> Setting Boundaries</p>	<p><b>14</b> <b>10:00 am – Depression Warning Signs</b> <b>10:30am, 2:00pm, 3:30pm or 6:00pm – Ask the Dietitian</b> <b>12:30 pm – Taking Control of Your Lung Disease</b></p>	<p><b>15</b> <b>8:30am or 11:30am – Ask the Dietitian</b> <b>9:30 am – Taking Control of Your Lung Disease</b></p>
<p><b>18</b> <b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm</b> Angina <b>9:30 am, 12:30 pm</b> Meal Planning</p>	<p><b>19</b> <b>10:00am – Dietary Tips for Better Breathing</b> <b>10:30am, 2:00pm, 3:30pm or 6:00pm – Anger Management</b></p>	<p><b>20</b> <b>8:30am or 11:30am</b> Anger Management</p>	<p><b>21</b> <b>10:00 am – Getting to Know Your Lung Disease</b> <b>10:30am, 2:00pm, 3:30pm or 6:00 pm –Weight Management</b> <b>12:30 pm – Getting to Know Your Lung Disease</b></p>	<p><b>22</b> <b>8:30am or 11:30 am – Weight Management</b> <b>9:30 am – Getting to Know Your Lung Disease</b></p>
<p><b>25</b> <b>8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm</b> Maintaining an Active Lifestyle <b>9:30 am, 12:30 pm</b> Challenging Negative Thoughts</p>	<p><b>26</b> <b>10:00am – Understanding Your Lung Function</b> <b>10:30am, 2:00pm, 3:30pm or 6:00pm – Sleep Hygiene</b></p>	<p><b>27</b> <b>8:30am or 11:30am – Sleep Hygiene</b></p>	<p><b>28</b><b>10:00 am – Stress Management Benefits</b> <b>10:30am, 2:00pm, 3:30pm or 6:00 pm – Fats, Good, Bad &amp; Ugly</b> <b>12:30 pm – Understanding Your Lung Function</b></p>	<p><b>29</b> <b>8:30am or 11:30 am – Fats, Good, Bad &amp; Ugly</b> <b>9:30 am – Understanding Your Lung Function</b></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.