

Education Classes
October 2018

(614) 566-5356



McConnell Heart Health Center
OhioHealth

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm - Blood Pressure or 6:00pm – Blood Pressure/Medications 9:30 am, 12:30 pm - Relaxation Techniques	2 10:00am – Getting to Know Your Lung Disease 10:30am, 2:00pm, 3:30pm – Blood Pressure/Medications 6:00pm – Blood Pressure	3 8:30am or 11:30am – Blood Pressure/Medications	4 10:00 am – Depression Warning Signs 10:30am, 2:00pm, 3:30pm or 6:00 pm – Mediterranean Diet 12:30 pm – Getting to Know Your Lung Disease	5 8:30am or 11:30am – Mediterranean Diet 9:30 am – Understanding Your Lung Function
8 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm - Arrhythmias 9:30 am, 12:30 pm – Dietary Tips for Better Breathing	9 10:00am – Quick and Easy Meal Prep 10:30am, 2:00pm, 3:30pm or 6:00pm – Humor	10 8:30am or 11:30am – Humor	11 10:00 am – Taking Control of Breathlessness 10:30am, 2:00pm, 3:30pm or 6:00pm – Fiber 12:30 pm – Understanding Your Lung Disease	12 8:30am or 11:30am – Fiber 9:30 am – Taking Control of Breathlessness
15 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm – Cholesterol 9:30 am, 12:30 pm – Depression Warning Signs 6:30 - 7:30 pm – Expert Is In classroom 3	16 10:00 am – Understanding Your Lung Function 10:30am, 2:00pm, 3:30pm or 6:00pm – Behavior Change/Smoking Cessation	17 8:30am or 11:30am Behavior Change/Smoking Cessation	18 10:00 am – Stress Management Benefits for PR 10:30am, 2:00pm, 3:30pm or 6:00 pm –Hydration 12:30 pm – Taking Control of Breathlessness	19 8:30am or 11:30am – Hydration 9:30 am – Breathe Easy
22 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm Obesity & Exercise for Weight Loss 9:30 am, 12:30 pm Maintain a Healthy Weight	23 10:00am – Dietary Tips for Better Breathing 10:30am, 2:00pm, 3:30pm or 6:00pm – Stress Awareness Overview	24 8:30am or 11:30am - Stress Awareness Overview	25 10:00 am – Breathe Easy 10:30am, 2:00pm, 3:30pm or 6:00 pm – Dining Out 12:30 pm – Breathe Easy	26 8:30am or 11:30 am – Dining Out 9:30 am – Getting to Know Your Lung Disease
29 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm Angina 9:30 am, 12:30 pm No class scheduled	30 10:00am – Breathe Easy 10:30am, 2:00pm, 3:30pm or 6:00pm – 4 Step Stress Management Approach	31 8:30am or 11:30am – 4 Step Stress Management Approach	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.