



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Angina 	2 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Sleep 	3 8:30am or 11:30am <ul style="list-style-type: none"> • Sleep 	4 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Hydration 	5 8:30am or 11:30am <ul style="list-style-type: none"> • Hydration
8 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Maintaining an Active Lifestyle 	9 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Relaxation Techniques 	10 8:30am or 11:30am <ul style="list-style-type: none"> • Relaxation Techniques 	11 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Dining Out 	12 8:30am or 11:30am <ul style="list-style-type: none"> • Dining Out
15 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Congestive Heart Failure 12:30 pm <ul style="list-style-type: none"> • Stress Management Benefits for Pulmonary Rehab 	16 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Humor 	17 8:30am or 11:30am <ul style="list-style-type: none"> • Humor 12:30 pm <ul style="list-style-type: none"> • Getting to Know Your Lung Disease • 	18 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • DASH 	19 8:30am or 11:30am <ul style="list-style-type: none"> • DASH
22 8:30am, 10:30am, 11:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Cardiovascular Anatomy & Physiology 12:30 pm <ul style="list-style-type: none"> • Maintaining a Healthy Weight 	23 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Behavior Change 	24 8:30am or 11:30am <ul style="list-style-type: none"> • Behavior Change 12:30 pm <ul style="list-style-type: none"> • Breathe Easy 	25 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Nutrition Facts/Labels 	26 8:30am or 11:30am <ul style="list-style-type: none"> • Nutrition Facts/Labels
29 <p style="text-align: center;">No Classes Memorial Day</p>	30 10:30am, 2:00pm, 3:30pm or 6:00pm <ul style="list-style-type: none"> • Stress Awareness Overview 	31 8:30am or 11:30am <ul style="list-style-type: none"> • Stress Awareness Overview 12:30 pm <ul style="list-style-type: none"> • Taking Control of Your Lung Disease 	<p style="text-align: center;">All classes are 20 minutes, except pulmonary classes which are 30 minutes.</p>	<p style="text-align: center;">Classes are held in classroom 2 on the main level unless otherwise noted.</p>

Education Classes

Risk Factors / Heart Health

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

Stress Management / Sleep

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

Pulmonary

Breathe Easy
Getting to Know Your Lung Disease
Maintaining a Healthy Weight
Medications to Control Breathlessness
Stress Management Benefits for Pulmonary Rehab
Taking Control of Your Lung Disease
Understanding Your Lung Function

Nutrition

Ask the Dietitian
DASH Diet
Diabetes/Prediabetes Meal Planning
Dining Out
Fiber
Hydration
Mediterranean Diet
Nutrition Facts Labels
Weight Management

Exercise

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

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.