



# Education and Workshop Schedule

Check the calendar below to see which education topic you will learn about in your regularly scheduled class. For example:

- If you have class on Mondays, you will learn about resistance training on April 14.
- If you have class on Tuesdays, you will learn about resistance training on April 8.

  The purple dots and yellow dots on the calendar show that there is a psychosocial workshop (**purple**) or nutrition workshop (**yellow**) offered on that day. The bottom of this page provides more details.

## April 2025

| Monday                                      | Tuesday                                  | Wednesday                                | Thursday                                 | Friday                                   |
|---|--|--|--|--|
|   | 1<br>Goal Setting                        | 2<br>Goal Setting                        | 3<br>Goal Setting                        | 4<br>Goal Setting                        |
| 7<br>Aerobic Exercise/<br>Progress Exercise | 8<br>Resistance<br>Training              | 9<br>Resistance<br>Training              | 10<br>Resistance<br>Training             | 11<br>Resistance<br>Training             |
| 14<br>Resistance<br>Training                | 15<br>Nutrition                          | 16<br>Nutrition                          | 17<br>Nutrition                          | 18<br>Nutrition                          |
| 21<br><b>No class</b><br>Centre is closed   | 22<br>Exercise in Hot or<br>Cold Weather | 23<br>Exercise in Hot or<br>Cold Weather | 24<br>Exercise in Hot or<br>Cold Weather | 25<br>Exercise in Hot or<br>Cold Weather |
| 28<br>Exercise in Hot or<br>Cold Weather    | 29<br>Relapse<br>Planning                | 30<br>Relapse<br>Planning                |  |  |

During your program, you will attend the 3 workshops below. The dates and times that these workshops are offered this month, are listed below. Check your patient passport for instructions on how to register for these sessions.

 **Psychosocial Orientation**

Apr. 17, 3:00pm - 4:30pm

 **Reading Food Labels**

Apr. 2, Part 1, 9:00am - 10:00am  
Apr. 9, Part 2, 9:00am - 10:00am  
Apr. 17, Part 1, 12:00pm - 1:00pm  
Apr. 24, Part 2, 12:00pm - 1:00pm

 **Heart Healthy Eating**

Apr. 9, 11:00am - 12:00pm  
Apr. 17, 9:30am - 10:30am  
Apr. 28, 5:30pm - 6:30pm

Your cardiac rehab team may suggest that you attend one or more of the workshops below. The dates and times that these workshops are offered this month, are listed below. Ask your cardiac rehab supervisor how to register for these sessions.

 **Diabetes: Eating Well to Manage Your Blood Sugar**

Apr. 16, 12:00pm - 1:00pm

 **Meal Planning**

Apr. 22, 10:00am - 11:00am

 **Eating Well to Manage Sodium and Blood Pressure**

Apr. 14, 11:00am - 12:00pm





You need to attend the Psychosocial Orientation before you can register for the Sleep, Stress Management Training, or Emotional Reprocessing Workshops. You will learn how to register for these free workshops during the Psychosocial Orientation.

# Education and Workshop Schedule

Check the calendar below to see which education topic you will learn about in your regularly scheduled class. For example:




- If you have class on Mondays, you will learn about community resources on May 5.
- If you have class on Tuesdays, you will learn about community resources on May 20.

  The purple dots and yellow dots on the calendar show that there is a psychosocial workshop (**purple**) or nutrition workshop (**yellow**) offered on that day. The bottom of this page provides more details.




## May 2025


| Monday                                   | Tuesday                                  | Wednesday                                | Thursday                                 | Friday                                   |
|--|--|--|--|--|
|  |  |  | 1<br>Relapse Planning                    | 2<br>Relapse Planning                    |
| 5<br>Community Resources                 | 6<br>Feel Well                           | 7<br>Feel Well                           | 8<br>Feel Well                           | 9<br>Feel Well                           |
| 12<br>Resistance Training                | 13<br>Resistance Training                | 14<br>Resistance Training                | 15<br>Resistance Training                | 16<br>Resistance Training                |
| 19<br>No class<br>Centre is closed       | 20<br>Community Resources                | 21<br>Community Resources                | 22<br>Community Resources                | 23<br>Community Resources                |
| 26<br>Heart Medicines<br>Question/Answer | 27<br>Heart Medicines<br>Question/Answer | 28<br>Heart Medicines<br>Question/Answer | 29<br>Heart Medicines<br>Question/Answer | 30<br>Heart Medicines<br>Question/Answer |

During your program, you will attend the 3 workshops below. The dates and times that these workshops are offered this month, are listed below. Check your program passport for instructions on how to register for these sessions.

|   |   |   |
|---|---|---|
|  <b>Psychosocial Orientation</b><br>May 1, 6:00pm - 7:30pm<br>May 12, 1:00pm - 2:30pm<br>May 29, 10:00am - 11:30am |  <b>Reading Food Labels</b><br>May 5, Part 1, 11:00am - 12:00pm<br>May 12, Part 2, 11:00am - 12:00pm<br>May 22, Part 1, 3:00pm - 4:00pm<br>May 29, Part 2, 3:00pm - 4:00pm |  <b>Heart Healthy Eating</b><br>May 8, 10:00am - 11:00am<br>May 20, 2:00pm - 3:00pm<br>May 28, 5:00pm - 6:00pm |
|---|---|---|

Your cardiac rehab team may suggest that you attend one or more additional workshops. The dates and times that these workshops are offered this month, are listed below. Ask your cardiac rehab supervisor how to register for these sessions.

|   |   |   |
|---|---|---|
|  <b>Diabetes: Eating Well to Manage Your Blood Sugar</b><br>May 22, 9:30am - 10:30am |  <b>Meal Planning</b><br>May 22, 11:00am - 12:00pm |  <b>Eating Well to Manage Sodium and Blood Pressure</b><br>May 14, 1:30pm - 2:30pm |
|---|---|---|

 You need to attend the Psychosocial Orientation before you can register for the Sleep, Stress Management Training, or Emotional Reprocessing Workshops. You will learn how to register for these free workshops during the Psychosocial Orientation.