

Spring 2022 – VIP

Cardiac Rehab Education Sessions

WHEN: Tuesdays, 08:30 – 9:30

WHERE: Virtual Webinar by Zoom



REGISTRATION LINK:

https://interiorhealth.zoom.us/webinar/register/WN_ginPNz8JTDSUV8wOJ-zWhw

DETAILS: Click on the registration link to sign up for all sessions
You are welcome to attend as many sessions as you wish
Friends or family are welcome to watch or listen

Tuesdays	Information Session Topic
Apr 5	Goal Setting and Action Planning
Apr 12	Heart and Artery Disease
Apr 19	Exercise and your Heart
Apr 26	All about Tests and Procedures
May 3	Heart Healthy Eating
May 10	Positive Coping with Health Conditions – Part 1
May 17	Positive Coping with Health Conditions – Part 2
May 24	Medications and Your Heart
May 31	Dietary Sodium
June 7	Atrial Fibrillation and Heart Devices
June 14	Keep on Trucking – Exercise Recap, Wearables, APPs