

Winter 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_7_r3o2tgRzycvuvqxPI04w

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

*****Please note that session dates have changed*****

Tuesdays	Information Session Topic
Jan 11	Goal Setting and Action Planning
Jan 18	Heart and Artery Disease
Jan 25	Exercise and your Heart
Feb 1	All about Tests and Procedures
Feb 8	Medications and Your Heart
Feb 15	Positive Coping with Health Conditions – Part 1
Feb 22	Positive Coping with Health Conditions – Part 2
Mar 1	Atrial Fibrillation and Heart Devices
Mar 8	Heart Healthy Eating
Mar 15	Dietary Sodium
Mar 22	Keep on Trucking – Exercise Recap, Wearables, APPs