

# January 2018



MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1st</b> HAPPY NEW YEAR!!! CLOSED</p>	<p><b>3rd</b> 10:45a Chair Yoga w/Wayne</p>	<p><b>4th</b> 9a HTN. N.Grady 12N Cardiac Support Group 4Th Floor Family Rm. 3p Environment &amp; Lung Ds. Dana G.</p>	<p><b>5th</b> 10a Heart Healthy Wt/Loss M.Kaal</p>
<p><b>8th</b> 10a Label Reading M.Kaal 12N MD Wt. Loss WP 2nd FLR. 3p Mindful Eating Part 1 Dr. McMurray</p>	<p><b>10th</b> 10a Pulmonary Meds J.Fowler 1p Heart Healthy Wt/Loss M.Kaal</p>	<p><b>11th</b> 10:45a Chair Yoga W/Wayne 1p Q &amp; A w/Cardiologist Dr. Bittner</p>	<p><b>12th</b> 10:45a Mixed Yoga W/Wayne</p>
<p><b>15th</b> MLK HOLIDAY CLOSED *****</p>	<p><b>17th</b> 10:45A Chair Yoga w/Wayne 1p Living Well w/Chronic Illness Dr. Knight 3p Understanding Lung Ds. Dr. David LaFon</p>	<p><b>18th</b> 10a Respiratory Devices T. Givens 1p Heart Healthy Wt/Loss M. Kaal</p>	<p><b>19th</b></p>
<p><b>22nd</b> 1p Q &amp; A w/Pulmonologist Dr. Dransfield 3p Understanding Heart Ds. Dr. Jeremy White</p>	<p><b>24th</b> 10a Heart Healthy Wt/Loss M.Kaal 12N Pulmonary Support Group 4Th Floor Family Room 1P Self-Monitoring C. Schumann</p>	<p><b>25th</b> 10:45a Chair Yoga w/Wayne</p>	<p><b>26th</b> 10:45a Mixed Yoga w/Wayne</p>
<p><b>29th</b> 10a Heart Failure S.Curry 3p Mindful Eating Part II Dr. McMurray</p>	<p><b>31st</b> 10:45a Chair Yoga w/Wayne 1p Diabetes Management M. Kaal</p>		

\*classes are subject to change, see front desk for most up-to-date calendar

# February 2018



MONDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1ST</b> 1:30p Heart health wt/loss Megan K.	<b>2ND</b>
<b>5TH</b> 10a Heart Failure S. Curry 12n Wt.Loss Med. WP 2nd floor 1:30p Respiratory Devices Tina G.	<b>7TH</b> 10a Heart health wt/loss Megan K. 12n Cardiac Support Group 4th Floor Family Rm 1p Q & A w/Cardiologist Dr. Bittner	<b>8TH</b> 10:45a Chair yoga w/Wayne 3p Mindful Eating Part 1 Dr. McMurray	<b>9TH</b> 10:45a Chair yoga w/Wayne
<b>12TH</b> 10a Label reading Megan K. 1p Q & A w/Pulmonologist Dr. Dransfield	<b>14TH</b> 9:30a Heart health wt/loss Megan K. 10:45a Chair yoga w/Wayne 3p Understanding Lung Ds. Dr. Sheylan Patel	<b>15TH</b> 9:30a Self-Monitoring During Exercise R.Holmes 1:00p HTN N.Grady	<b>16TH</b>
<b>19TH</b> 3p Understanding Heart Disease Dr. Sean Terence Dunn 12N Pulmonary Support Group 4Th Floor Family Rm	<b>21ST</b> 1p Living well w/Chronic Illness Dr. Knight	<b>22ND</b> 10:45 Chair yoga w/Wayne 1p Heart health wt/loss Megan K. 3p Environment & Lung ds Dana G.	<b>23RD</b> 10:45a Mixed Yoga w/Wayne
<b>26TH</b> 10a Cardiac Meds J.Fowler 3p Mindful Eating Part 2 Dr. McMurray	<b>28TH</b> 10:45a Chair Yoga w/Wayne 2:30p Diabetes & Exercise w/Wayne		

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# March 2018



<u>Mon</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
		<b>1ST</b> 10a Heart health Wt. Loss M.Kaal	<b>2ND</b> 10a Diabetes Management M.Kaal
<b>5TH</b> 10a Chair yoga w/Wayne Civitan 12n MD Weight Loss WP 2nd Floor 1:30p Heart Health wt/loss M.Kaal	<b>7TH</b> 10a Label Reading M.Kaal 12n Cardiac Support Grp. 4th FI Family Rm 3p Understanding Heart Ds Ramey Marshall	<b>8TH</b>	<b>9TH</b>
<b>12TH</b> 1p Q&A w/Pulmonologist Dr. Dransfield 3p Mindful Eating Part 1 Dr. McMurray	<b>14TH</b> 2p Self-Monitoring During Exercise R. Holmes	<b>15TH</b> 10a HTN-N.Grady 11AM MIXED YOGA/WAYNE-Civitan	<b>16TH</b> 10a Heart Health Wt. Loss M.Kaal
<b>19TH</b> 10a Chair yoga w/Wayne-Civitan 1:30 Heart healthy wt/loss M.Kaal 3p Heart Failure S. Curry	<b>21ST</b> 12n Pulmonary Support Grp 4th flr family rm 1p Living well w/chronic Illness Dr. Knight 2:30p Respiratory Devices Tina G.	<b>22ND</b> 1p Q &A w/Cardiologist Dr. Bittner 3p Understanding Lung Ds Dr. Bruno Pereira	<b>23RD</b>
<b>26TH</b> 10a Heart health Wt. Loss M..Kaal 3p Mindful eating Part II Dr. McMurray	<b>28TH</b> 2p Pulmonary Meds Jonathan F.	<b>29TH</b> 10a Chair Yoga w/Wayne –Civitan 3p Environment & Lung Ds Dana G.	<b>30TH</b> 10a Mixed yoga w/wayne-Civitan

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