



EDUCATION SCHEDULE
THURSDAYS 10:15 a.m. at the Cardiac Clinic

		Attended	Information Helpful
Physical Activity I	Claire & Nancy, PT's	_____	_____
Physical Activity II	Claire & Nancy, PT's	_____	_____
P.E.F.A.C.	Sydnee Mulridge	_____	_____
The Heart	Cathy Brose, RN	_____	_____
Medications	Janice Hall, RPh	_____	_____
Nutrition I	Sarah Sandham, RD PTS	_____	_____
Nutrition II	Sarah Sandham, RD PTS	_____	_____
Grocery Store Tour	Sarah & Wanda NO FRILLS	_____	_____
Nutrition III	Sarah Sandham, RD PTS	_____	_____
23 ½ Hours & Risk Factors	Cathy Brose, RN, Claire PT	_____	_____
Diabetes Management	Kim Storms, RD CDE	_____	_____
Benefits of Yoga	Tracey Reid	_____	_____
Behavior Modification	Geri Claxton, RN	_____	_____
Goal Setting	Cardiac Team	_____	_____
Relaxation/Stress Management	Stacey Hatch, M.C. (CP), RP, CCC	_____	_____

**WHEN YOU ARE FINISHED CARDIAC REHAB PLEASE GIVE THIS SHEET TO STAFF.
 WE ARE ALWAYS LOOKING TO IMPROVE OUR PROGRAM AND YOUR FEEDBACK
 IS IMPORTANT.**