

# June 2025

If you need to cancel your scheduled attendance, please call us at 405-608-4646



**OKLAHOMA  
HEART HOSPITAL**

PROUDLY PHYSICIAN OWNED

## Outpatient Cardiac Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Nutrition Workshop Fueling a Healthy Body	3 Cooking Class	4 Healthy Mindset Workshop Recognizing and Reducing Stress	5 Cooking Class	6 Exercise Workshop Balance and Fall Prevention	7
8	9 Cooking Class	10 Pritikin Video	11 Cooking Class	12 Pritikin Video	13 Cooking Class	14
15	16 Nutrition Workshop Jeopardy Game! Key Jeopardy	17 Cooking Class	18 Healthy Mindset Workshop Healthy Sleep for a Healthy Heart	19 Cooking Class	20 Exercise Workshop Exercise Basics	21
22	23 Cooking Class	24 Pritikin Video	25 Cooking Class	26 Pritikin Video	27 Cooking Class	28
29	30 Nutrition Workshop Label Reading	1 Cooking Class	2 Healthy Mindset Workshop From Head to Heart: The Power of a Healthy Outlook	3 Pritikin Video	4 Closed 	5
EXERCISE CLASS: Monday- Friday			7:00AM, 8:30AM, 10AM, 11:30AM		1:15PM, 2:45PM, 4:15PM, 5:45PM	
Cooking Class: Alternating weeks			9:15am, 10:45am		12:15pm, 2:15pm, 3:30pm, 5:00pm	
Yoga Classes: Monday and Friday			8:00am, 9:15am, 10:45am		12:15pm, 2:15pm, 3:30pm	
Resistance Training: Tuesdays and Wednesdays			7:00AM, 8:30AM, 10AM, 11:30AM		1:15PM, 2:45PM, 4:15PM, 5:45PM	
EDUCATION CLASS/PRITIKIN VIDEO (1 Credit):			8:00AM, 9:15AM, 10:45AM		12:15PM, 2:15PM, 3:30PM, 5PM	