

# June 2025


## Outpatient Cardiac Rehabilitation

If you need to cancel your  
scheduled  
attendance, please call us at 405-  
628-6765



**OKLAHOMA  
HEART HOSPITAL**

PROUDLY PHYSICIAN OWNED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	<b>3</b> Pritikin Video	<b>4</b> <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	<b>5</b> Pritikin Video	<b>6</b> <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	<b>7</b>
<b>8</b>	<b>9</b> <b>Nutrition Workshop</b> <b>Mindful Eating</b>	<b>10</b> <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	<b>11</b> <b>Healthy Mindset Workshop</b> <b>Focused Goals, Sustainable Change</b>	<b>12</b> <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	<b>13</b> <b>Exercise Workshop</b> <b>Your Path to a Healthier Heart</b> OR <b>Cooking Class</b> 9:15, 10:45, 12:15, 2:15, 3:30	<b>14</b>
<b>15</b>	<b>16</b> <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	<b>17</b> Pritikin Video	<b>18</b> <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	<b>19</b> Pritikin Video	<b>20</b> <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	<b>21</b>
<b>22</b>	<b>23</b> <b>Nutrition Workshop</b> <b>Fueling a Healthy Body</b>	<b>24</b> <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	<b>25</b> <b>Healthy Mindset Workshop</b> <b>From Head to Heart:</b> <b>The Power of a Healthy Outlook</b>	<b>26</b> <b>Cooking Class</b> 9:15, 10:45 12:15, 2:15, 3:30	<b>27</b> <b>Exercise Workshop</b> <b>Medications and the Power of Lifestyle</b> OR <b>Cooking Class</b> 9:15, 10:45, 12:15, 2:15, 3:30	<b>28</b>
<b>29</b>	<b>30</b> <b>Cooking Class</b> 10:45 12:15, 2:15, 3:30, 5	<b>1</b> Pritikin Video	<b>2</b> <b>Cooking Class</b> 8, 9:15, 10:45 12:15, 2:15, 3:30	<b>3</b> Pritikin Video	<b>4</b> <b>Closed</b> 	<b>5</b>
<b>6</b>	<b>Class Times</b>		<b>Morning</b>		<b>Afternoon</b>	
	Exercise: Monday- Friday		7 AM, 8:30AM, 10 AM, 11:30AM		1:15PM, 2:45PM, 4:15 PM, 5:45PM	
	Yoga: Please see separate calendar		Times will vary		Times will vary	
	Resistance Training: Fridays Only		7 AM, 8:30AM, 10 AM, 11:30AM		1:15PM, 2:45PM, 4:15 PM, 5:45PM	
	Education Workshop/Pritikin Video		8:00AM, 9:15AM, 10:45AM		12:15PM, 2:15PM, 3:30PM, 5 PM	