

August 2025

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



Outpatient Cardiac Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Nutrition Workshop Tageting Nutrition Priorities: Weight Management and Diabetes	29 Cooking Class	30 Healthy Mindset Workshop Mindfulness for Heart Health	31 Cooking Class	1 Exercise Workshop Medications and the Power of Lifestyle	2
3	4 Cooking Workshop	5 Pritikin Video	6 Cooking Workshop	7 Pritikin Video	8 Cooking Workshop	9
10	11 Nutrition Workshop Targeting Nutrition Priorities: CAD and Hypertension	12 Cooking Class	13 Healthy Mindset Workshop Recognizing and Reducing Stress	14 Cooking Class	15 Exercise Workshop Exercise Biomechanics	16
17	18 Cooking Workshop	19 Pritikin Video	20 Cooking Workshop	21 Pritikin Video	22 Cooking Workshop	23
24	25 Nutrition Workshop Label Reading	26 Cooking Class	27 Healthy Mindset Workshop Healthy Sleep for a Healthy Heart	28 Cooking Class	29 Exercise Workshop Balance and Fall Prevention	30
31			MORNING		AFTERNOON	
	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	