

August 2025

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



**OKLAHOMA
HEART HOSPITAL**
PROUDLY PHYSICIAN OWNED

Outpatient Cardiac Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Cooking Class 10:45 12:15, 2:15, 3:30, 5	29 Pritikin Video	30 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	31 Pritikin Video	1 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	2
3	4 Nutrition Workshop Menus and Dining Out	5 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	6 Healthy Mindset Workshop Healthy Sleep for a Healthy Heart	7 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	8 Exercise Workshop Exercise Biomechanics OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30	9
10	11 Cooking Class 10:45 12:15, 2:15, 3:30, 5	12 Pritikin Video	13 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	14 Pritikin Video	15 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	16
17	18 Nutrition Workshop Targeting Nutrition Priorities CAD and Hypertension	19 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	20 Healthy Mindset Workshop Focused Goals Sustainable Change	21 Cooking Class 9:15, 10:45 12:15, 2:15, 3:30	22 Exercise Workshop Your Path to a Healthier Heart OR Cooking Class 9:15, 10:45, 12:15, 2:15, 3:30	23
24	25 Cooking Class 10:45 12:15, 2:15, 3:30, 5	26 Pritikin Video	27 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	28 Pritikin Video	29 Cooking Class 8, 9:15, 10:45 12:15, 2:15, 3:30	30
Class Times						
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	