

# DECEMBER 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
30	1 Nutrition Workshop Targeting Nutrition Priorities CAD and Hypertension	2 Cooking Class	3 Healthy Mindset Workshop Focused Goals, Sustainable Change	4 Cooking Class	5 Exercise Workshop Your Path to a Healthier Heart	6
7	8 Cooking Class	9 Pritikin Video	10 Cooking Class	11 Pritikin Video	12 Cooking Class	13
14	15 Nutrition Workshop Label Reading	16 Cooking Class	17 Healthy Mindset Workshop Mindfulness for Heart Health	18 Cooking Class	19 Exercise Workshop Medications and the Power of Lifestyle	20
21	22 Cooking Class	23 Pritikin Video	24 CLOSED SEASON'S GREETINGS	25 CLOSED HAPPY HOLIDAYS	26 Cooking Class	27
28	29 Nutrition Workshop Cooking Class	30 Cooking Class	31 Healthy Mindset Workshop Recognizing and Reducing Stress	1   CLOSED Happy New Year	2 Exercise Workshop Exercise Biomechanics	3
4	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	
	EDUCATION CLASS/PRITIKIN VIDEO (1 Credit):		8:00AM, 9:15AM, 10:45AM		12:15PM, 2:15PM, 3:30PM, 5PM	