

January 2026

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
28	29 Cooking Class	30 Cooking Class	31 Healthy Mindset Workshop Recognizing and Reducing Stress	1 Closed <i>Happy New Year</i>	2 Exercise Workshop Exercise Biomechanics	3
4	5 Cooking Class	6 Pritikin Video	7 Cooking Class	8 Pritikin Video	9 Cooking Class	10
11	12 Nutrition Workshop Fueling a Healthy Body	13 Cooking Class	14 Healthy Mindset Workshop Healthy Sleep for a Healthy Heart	15 Cooking Class	16 Exercise Workshop Balance and Fall Prevention	17
18	19 Cooking Class	20 Pritikin Video	21 Cooking Class	22 Pritikin Video	23 Cooking Class	24
25	26 Nutrition Workshop Menus and Dining Out	27 Cooking Class	28 Healthy Mindset Workshop From Head to Heart: The Power of a Healthy Outlook	29 Cooking Class	30 Exercise Workshop Exercise Basics	31
EXERCISE CLASS: Monday through Friday			7:00am, 8:30am, 10:00am, 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			8:00am, 9:15am, 10:45am		12:15pm, 2:15pm, 3:30pm, 5:00pm	

Schedule is subject to change. All classes start 15 min earlier EXCEPT 7:00am and 1:15pm