

# February 2026

## Outpatient Cardiac Rehabilitation

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



**OKLAHOMA  
HEART HOSPITAL**

PROUDLY PHYSICIAN OWNED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cooking Workshop	3 Pritikin Video	4 Cooking Workshop	5 Pritikin Video	6 Cooking Workshop	7
8	9 Nutrition Workshop Targeting Nutrition Priorities: Diabetes and WM	10 Cooking Workshop	11 Healthy Mindset Workshop Focused Goals, Sustainable Change	12 Cooking Workshop	13 Exercise Workshop Your Path to a Healthier Heart	14
15	16 Cooking Workshop	17 Pritikin Video	18 Cooking Workshop	19 Pritikin Video	20 Cooking Workshop	21
22	23 Nutrition Workshop Targeting Nutrition Priorities: CAD and HTN	24 Cooking Workshop	25 Healthy Mindset Workshop Mindfulness for Heart Health	26 Cooking Workshop	27 Exercise Workshop Medications and the Power of Lifestyle	28
EXERCISE CLASS: Monday-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 VIDEOS			8:00am, 9:15am, 10:45am		12:15pm, 2:15pm, 3:30pm, 5:00pm	