



## Cardio-Respiratory Rehab Education Schedule      November 13, 2020 – March 19, 2021

Date	Time	Topic	Online/telephone service
November 13	10:30 – 12:00	The Science of Exercise	Zoom
November 20	10:30 – 12:00	COVID related Stress and Uncertainty	Zoom
November 27	10:30 - 12:00	Fats, Cholesterol, and Weight Management	Zoom
December 4	10:30 – 12:00	Stress Management	Zoom
December 11	10:30 - 12:00	Anxiety and Breathing	Zoom
December 18	10:30 – 12:00	Carbohydrates and Alcohol	Zoom
December 25	NO CLASS	-	NO CLASS
January 1	NO CLASS	-	NO CLASS
January 8	NO CLASS	When Exercise and Activity Hurts	Zoom
January 15	10:30 – 12:00	Sodium and Label Reading	Zoom
January 22	10:30 – 12:00	Emotional Eating	Zoom
January 29	10:30 - 12:00	Caring for your Sleep	Zoom
February 5	10:30 – 12:00	When Exercise and Activity Hurts 2	Zoom
February 12	10:30 - 12:00	OMG My Chest Hurts, What do I do?	Zoom
February 19	10:30 – 12:00	An Exercise Program that Works for You	Zoom
February 26	10:30 – 12:00	Diabetes Complications	Zoom
March 5	10:30 – 12:00	Managing my Shortness of Breath	Zoom
March 12	10:30 – 12:00	How your Lungs Work	Zoom
March 19	10:30 – 12:00	The Heart	Zoom

We encourage in Video participation however if you are unable to join the session over the internet, phone in options are available for audio only. If possible, please download the program on a capable device.

- Easy, 1 time install (FREE)
- Can be installed on your phone, tablet or computer
- Same login every time
- Type in the link and follow the instructions on the webpage

**Zoom Internet Link:** <https://flahealth.zoom.us/j/947850003>

**Zoom phone-in information:** Toronto number (\*long distance charges may apply\*):  
+1 647 374 4685 enter meeting ID: 947 850 003 #

It is advisable to call the office the morning of the sessions to ensure the classes have not been cancelled or delayed due to special or unforeseen circumstances. Please call and confirm your class.  
613-354-3301 Ext 280.