

Cardiac Rehabilitation

October

2023

Case Manager:

Schedule:

Number:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stress Management #5 @9:30	3	4	5	6	7
8	9	10	11	12 Know your Risk Factors @9:30	13	14
15	16	17	18 Benefits of Exercise @9:30	19	20	21
22	23	24	25 Reversing Coronary Artery Disease @9:30	26	27	28
29	30	31				

Online @: <https://www.uvmhealth.org/medcenter/cardiocrehab/>