

 **CRG-WELLNESS CENTRE - HEART MATTERS**
 **JANUARY – JUNE 2021 EDUCATION SCHEDULE**

CLASS	DATES	TIME	FACILITATOR	RM
♥ Introduction to your Heart	Thurs. Jan. 28	1:00-2:00	Cathe	Zoom
	Thurs. March 4	1:00-2:00	Cathe	Zoom
	Thurs. Apr. 22	1:00-2:00	Cathe	Zoom
♥ Heart Healthy Eating	Thurs. Jan. 14	1:00-2:30	Kiley	Zoom
	Thurs. March 11	1:00-2:30	Kiley	Zoom
	Thurs. May 6	1:00-2:30	Kiley	Zoom
♥ Medication Management	Thurs. Jan. 21	1:00-2:00	CRG Pharmacist	Zoom
	Thurs. March 18	1:00-2:00	CRG Pharmacist	Zoom
	Thurs. May 13	1:00-2:00	CRG Pharmacist	Zoom
♥ Hypertension	Thurs. Jan. 07	1:00-2:00	Kristi	Zoom
	Thurs. March 25	1:00-2:00	Kristi	Zoom
	Thurs. May 20	1:00-2:00	Kristi	Zoom
♥ Stress Response/ Intro to Mindfulness/Meditation	Thurs. Feb. 4	1:00-3:00	Cheryl / Hannah	Zoom
	Thurs. April 1	1:00-3:00	Cheryl / Hannah	Zoom
	Thurs. May 27	1:00-3:00	Cheryl / Hannah	Zoom
♥ Talk with the Doc	Thurs. Feb. 11	1:00-2:00	Dr. W. Prinsloo	Zoom
	Thurs. April 8	1:00-2:00	Dr. W. Prinsloo	Zoom
	Thurs. June 3	1:00-2:00	Dr. W. Prinsloo	Zoom
♥ Why Exercise is Good for the Heart	Thurs. Feb. 18	1:00-2:00	Mark Cryderman	Zoom
	Thurs. April 15	1:00-2:00	Mark Cryderman	Zoom
	Thurs. June 10	1:00-2:00	Mark Cryderman	Zoom
♥ Complementary & Alternative Medicines In Chronic DM	Thurs. Feb. 25	1:00-2:00	London Drugs	Zoom
	Thurs. Apr. 29	1:00-2:00	Pharmacist	Zoom
	Thurs. June 17	1:00-2:00		Zoom

~ALL CLASSES ARE OPEN TO EVERYONE~
PRE-REGISTRATION IS REQUIRED BY CALLING 250-286-7151
Or Email crgcdm@viha.ca

~Dates/ Room subject to change~

♥ *Indicates that the class is a part of the 8 Heart Matters Education series*



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CLASS	DATES	TIMES	FACILITATOR	RM
Chronic Pain Self-Management (CPSM) (Tuesdays 6 Week Class)	Wed. Jan. 6, 13, 20, 27, Feb. 3, 10	1:30-3:30	Cheryl	Zoom
	Wed. March 3, 10, 17, 24, 31, April 7	1:30-3:30	Cheryl	Zoom
	Wed. April 14, 21, 28, May 5, 12, 19	1:30-3:30	Cheryl	Zoom
	Wed. May 26, June 2, 9, 16, 23, 30	1:30-3:30	Cheryl	Zoom
Living Well with COPD (Wed. 3 Week Class) (LWWCOPD)	Mon. Jan. 18 & 25	1:30-3:30	Cheryl	Zoom
	Wed. Feb. 17 & 24	1:30-3:30	Cheryl	Zoom
	Mon. March 22 & 29	1:30-3:30	Cheryl	Zoom
	Mon. April 19 & 26	1:30-3:30	Cheryl	Zoom
	Mon. May 10 & 17	1:30-3:30	Cheryl	Zoom
	Mon. June 21 & 28	1:30-3:30	Cheryl	Zoom
	Wed. July 14 & 21	1:30-3:30	Cheryl	Zoom
Enhanced Recovery After Surgery (ERAS)	Fri. Feb. 19	09:00-11:00	Cheryl	Zoom
	Fri. March 19	09:00-11:00	Cheryl	Zoom
	Fri. April 30	09:00-11:00	Cheryl	Zoom
	Fri. May 28	09:00-11:00	Cheryl	Zoom
Portion Distortion “Mindful Eating”	Fri. Jan. 22	10:30-11:30	Kiley	Zoom
	Fri. Mar. 26	10:30-11:30	Kiley	Zoom
	Fri. May 21	10:30-11:30	Kiley	Zoom
Healthy Feet	Mon. Jan.11	1:30-4:00	Cheryl	Zoom
	Mon. May 31	1:30-4:00	Cheryl	Zoom
Fueling Your Body “Setting the Stage for Change”	Fri Feb. 26	10:30-11:30	Kiley	Zoom
	Fri. May 7	10:30-11:30	Kiley	Zoom
	Fri. June 25	10:30-11:30	Kiley	Zoom
A Good Night Sleep	Mon. Feb. 8	1:30-3:30	Cheryl	Zoom
	Mon. June 14	1:30-3:30	Cheryl	Zoom

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