

# Legacy Good Samaritan Medical Center

## Cardiac Rehab Lecture Schedule

January 31 & February 1

**After A Heart Event: Beyond Your Physical Recovery**

February 7 & 8

**Not All Fats Are Created Equal**

February 14 & 15

**Sleep Your Way to Better Health**

February 21 & 22

**Carbs: The Secret to Heart Health**

February 28 & March 1

**Preserve Your Sense of Balance: Strengthen Your Core**

March 7 & 8

**Eat More to Weigh Less**

March 14 & 15

**Hands-Only CPR**

March 21 & 22

**Sodium, Salt and Your Heart**

March 28 & 29

**Heart Failure: Am I at Risk?**

April 4 & 5

**Stress & Relaxation**

April 11 & 12

**Understanding Stroke**

April 18 & 19

**Dining Out**

April 25 & 26

**Lower Your Risk**

May 2 & 3

**Practicing Mindfulness**

May 9 & 10

**The Super Drug**

May 16 & 17

**The Truth Behind Those Food Labels**

May 23 & 24

**No More Excuses!**

### Lecture Times

**Wednesday:** 7:45 to 8:15 am  
10:15 to 10:45 am

**Thursday:** 3:15 to 3:45 pm

**Location:** Room 334  
(across hall from gym)

