

Cardiac Rehabilitation

September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Nutrition #1 @ 9:30	9	10	11
12	13	14	15 Nutrition #2 @ 9:30	16	<p>All are invited to attend Phase 2 lectures using the internet and ZOOM. The login details for the September lecture series are as follows:</p> <p>URL: https://bit.ly/2LrO2kh ("O" is the letter O, not a zero) MEETING ID: 941 5343 6168 MEETING PASSCODE: 803263</p>	
19	20 Behavioral Weight Management #3 with Lea @ 9:30	21	22	23		
26	27 Behavioral Weight Management #4 with Lea @ 9:30	28	29 Cardiac Medications with Joan @ 9:30	30		

THE WEIGHT LOSS CLASSES ARE IN-PERSON ONLY, TAKING PLACE IN OUR CONFERENCE ROOM.

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